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Calgary metro

Your essential daily news | THURSDAY, JULY 23, 2015 High 23°C/Low 9°C Showers

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A BEAUT

CLOSE CALL!

Calgary photographer Matt Ford captured the ominous funnel cloud that hung over the city Wednesday (centre). Calgarians from a variety of vantage points shared their pictures. CLOCKWISE, FROM BOTTOM LEFT: @AMERICANADIANS; ERIN ROONEY; JONATHAN FERGUSON - VONDERRUSCH PHOTOGRAPHY; SHEILA ROSS

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Your essential daily news

Former News of the World editor Andy Coulson faces $234,000 US bill in phone hacking trial costs

Council approves Paskapoo Slopes project 'in principle'

DEVELOPMENT

Amendments needed to pass next reading, councillors say

Robson Fletcher
Metro | Calgary

After deliberation that spanned 42 hours, Calgary city council gave approval "in principle" Wednesday to a controversial development proposal for Paskapoo Slopes.

The privately owned but publicly accessible natural area, cherished by many Calgarians as a sanctuary from the concrete urban environment, is the proposed site for a mixed-use development that has been likened to Whistler Village.

Trinity Development Group aims to turn 100 of 260 acres on the lower end of the slopes into about 1,600 homes, as well as office, retail, and hotel space.

Opponents of the plan say it will ruin the natural feel of the green space just east of Calgary Olympic Park.

The majority of council supported the development, however, voting 12-3 in favour on first reading of bylaws that would clear the way for the project to take place.

Couns. Druh Farrell, Brian Pincott and Mayor Naheed Nenshi cast the three opposing votes.

"We often think of first reading of a bylaw as approval in principle," said Nenshi, noting numerous amendments are forthcoming before council considers second and third (final) readings.

Couns. Richard Pootmans and Evan Woolley said they wouldn't support the plan on second reading without substantial amendments.

Nenshi said he may support the proposal on second reading if the changes are significant — including the addition of better pedestrian infrastructure — but as it stands, he couldn't vote in favour of it.

> **Paskapoo Slopes as an undeveloped whole is a key asset for our collective wellness.**
> Matt Palmer, resident

"What we've got here, on balance, isn't good enough," the mayor said.

Coun. Shane Keating had a different view.

After hearing passionate pleas from numerous residents who wanted to see the entire area protected from all development, Keating said he was "not convinced" that was the best course of action.

A rendering of the proposed development at the base of the Paskapoo Slopes.
CONTRIBUTED / TRINITY DEVELOPMENT GROUP

The proposed development strikes the right "balance and compromise," Keating said, as the city will be able to turn the 160 undeveloped acres higher up on the slopes into parkland.

"We're giving Calgary a great development, and we're giving residents a great park space," he said.

Many area residents disagreed vehemently, however.

"Keeping all of Paskapoo Slopes wild is not only an important piece of green infrastructure; it's a critical piece of wellness infrastructure," Matt Palmer told council during the public hearing portion of the meeting on Tuesday.

"Nature provides us with all that we need to live, survive and, most importantly, thrive as a community," Palmer said. "Paskapoo Slopes, as an undeveloped whole, is a key asset for our collective wellness."

Steve Coutts, who doesn't live in the area but often mountain bikes on the Paskapoo trails, said it would be short-sighted to allow the development.

"Over three decades ago, a grassroots group lobbied the city to protect the area which is now known as Nose Hill Park," Coutts said. "Thank goodness they triumphed, because now Nose Hill is one of the most treasured natural parks in Calgary."

Council is set to consider amendments to the project on Monday.

CRIME

Man, 30, charged for luring girl, 13

Lucie Edwardson
Metro | Calgary

A man is facing child luring charges after a three-month investigation into his relationship with a 13-year-old girl.

Matthew Tyler Holland, 30, was arrested July 15 and faces charges including two counts of luring a child by telecommunication and one count of invitation to sexual touching with a child under 16 years of age.

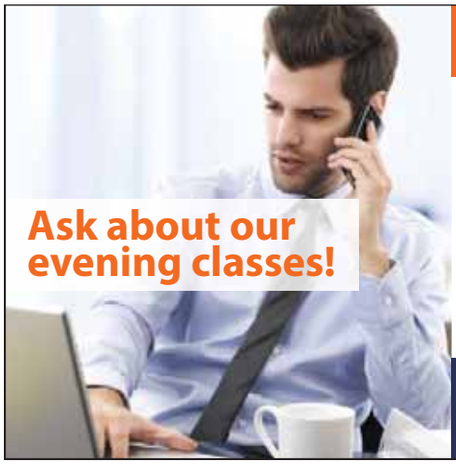
Detective Jeff Klinger said the victim's mother "became concerned" when she observed unusual "changes in mood, behaviour and routine," as well as "an increased volume of text messaging" on the victim's cellphone.

Klinger said a concerned neighbour told the mother he had seen her daughter hanging out with an unknown man in his 30s. After speaking to her daughter about the situation, she "discovered the nature of the relationship" and notified police.

Police said the investigation led authorities to "fictitious online profiles" on a "teen-specific social media platform" suspected to have been used to lure the victim. The suspect posed as a female teen to "engage other teens in online chats."

Police are reminding parents of underage youth to monitor their online activities.

The investigation is ongoing.



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Tornado scare blows into city

EXTREME WEATHER

Funnel clouds prompt safety warnings and evacuations

Lucie Edwardson
Metro | Calgary

Calgary went from having tornado and thunderstorm warnings to blue skies in only a matter of hours Wednesday afternoon.

Tom Sampson, chief of the Calgary Emergency Management Agency (CEMA), said they were monitoring the storm systems closely before, during and after they happened.

"We were in touch directly with Environment Canada and their critical weather office and we were comparing notes as to what we were observing live," said Sampson.

He said the biggest issue CEMA dealt with after the tornado warning was issued around 1 p.m. was people evacuating buildings.

"In high winds and possible tornadoes, you should remain indoors. We experienced a number of buildings telling their occupants to evacuate," he said.

CEMA chief Tom Sampson addresses storm preparedness and protocol. LUCIE EDWARDSON/METRO

"We were very quickly trying to put the clamp on that right away. Stay in your building; stay indoors," he said.

According to Sampson, the best way for Calgarians to be notified of a severe weather system, storm or warning is to download the Alberta Emergency Management Agency (AEMA) app.

During the weather warnings Wednesday, Sampson said, CEMA had a staff member observing the storm from the top of the Bow building, something that has only been done twice before.

Bill McMurtry with Environment Canada said the science used to predict tornadoes usually "allows us 10 to 15 minutes of lead time," adding, "When we put out a tornado warning, that means to take immediate action."

He said that there was one report of a tornado touching down just southwest of the city in the Tsuu T'ina reserve.

"Since that time, we have had video confirmation of a brief touchdown," he said. "We have had reports of tree damage in that area."

McMurtry said the storms that passed through Calgary on Wednesday remained an issue later in the day in the eastern parts of Alberta, with reports of 140 km/h gusts.

From 1970 to 2009, McMurtry said Calgary has experienced eight confirmed tornadoes.

"In high winds and possible tornadoes, you should remain indoors. We experienced a number of buildings telling their occupants to evacuate.
CEMA chief Tom Sampson

MORE LOCAL NEWS ONLINE

ADVICE

What to do in a tornado

Five things CEMA chief Tom Sampson says to remember when a tornado warning is issued:

1 Don't evacuate
"Stay indoors.... Don't go out and have a look; find a safe place inside."

2 Put a number of things between you and the tornado
"Stay away from windows; go to the basement; protect yourself from anything that might be flying around." Most injuries during a tornado occur as a result of debris flying outside.

3 Where to park your car
"If you are in a vehicle, don't park under an underpass. Get low into a ditch or something like that."

4 Stay connected
Through the Alberta Emergency Management Agency (AEMA) app, radio or Internet

5 Have a family emergency plan
Always know the plan, who to call, where to go and what to do if there is a problem.

GOLF BALLS FROM THE SKY

Guy Rogers experienced a whirlwind at his Calgary home in Shawnessy on Wednesday.

After witnessing a funnel cloud in the sky, golf-ball-sized hail began to "plunge like meteors," Rogers said.

"The wind whipped up and then we got a few minutes of hail the size of golf balls."

Rogers said the sky eventually cleared after he endured 40 minutes of the storm. The rapid winds became a slight breeze. His car and home were left unscathed.

Golf-ball-sized hail fell on some parts of the city during the storm.
JAMIE PARKINSON/CONTRIBUTED

Rogers said he essentially experienced four seasons in under an hour: "Welcome to Calgary." JEREMY SIMES/FOR METRO

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ANIMAL DEATH

Cat-killing likely not on purpose: Police

Calgary Police investigating reports of a mutilated cat in a southwest Calgary neighbourhood say no foul play is suspected.

They believe a vehicle likely killed the pet, before other animals got to the body.

The police based their investigation on photos taken by a neighbour.

The cat, Peter, was cremated before it occurred to the family that Peter's death may have been caused by another animal. The family was initially concerned, as they said there was no blood found on the scene, and suspected a person may have taken the cat, killed it elsewhere, and returned it their home.

A neighbour discovered the pet on the front lawn last week. It had been decapitated, its front legs were missing, and it had been disemboweled. He had taken pictures before moving the body to a trash can and alerting the owners.

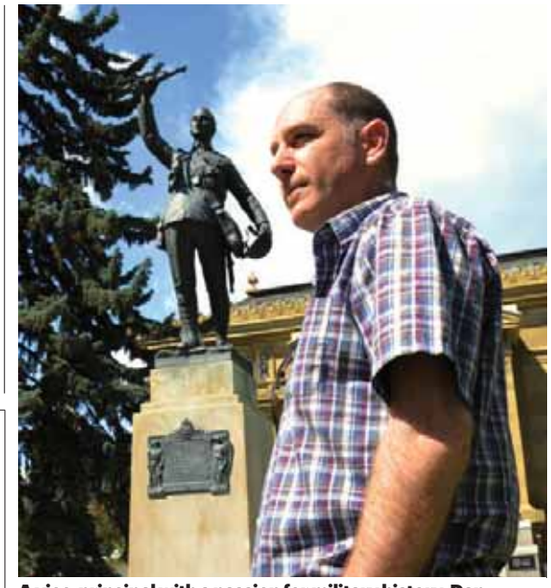
Peter the cat. CONTRIBUTED

The owners then took the remains to a vet for cremation.

Police have not yet with consulted with the family on the investigation, but said Wednesday that typically in cases like this, vehicles can hit the pet with enough force to remove the head. Then, other animals might feed off the body, contributing to the horrific condition it was left in.

Members of the community, home to a number of pet owners, were stunned by the gruesome incident.

AARON CHATHA/FOR METRO



A vice-principal with a passion for military history, Dan Tinaburri will be visiting the battlefields of France and using the experience to teach his students. AARON CHATHA/FOR METRO

Educator's lesson on frontlines

EDUCATION

Teacher hopes to ignite interest in famous battles

Aaron Chatha
For Metro | Calgary

Vice-principal Dan Tinaburri believes the best way to teach kids about war is to give them the closest thing to a first-hand experience of it.

On Saturday, he'll join 25 Canadian teachers visiting the First and Second World War battlefields of France over the course of 10 days.

"If you think about it, most of the veterans from World War II could be in their late 80s to 90s," said Tinaburri.

"A lot of them are dying. Kids today are much further removed from the sacrifices people made back then. Part of my job as an educator is to pass that remembrance and that knowledge on."

Tinaburri says it can be difficult to interest children in the Canadian contribution to the world wars. While the American side has been covered in movies and television shows, most information on Canadian battles can only be found in textbooks.

Tinaburri will be visiting the locations of famous battles such as Vimy Ridge and the Dieppe raid. He'll be taking the experience to his Grade 5 class at Roland Michener School this year, hoping to ignite an interest in Canadian war history.

Tinaburri's passion with military history began as a child, when he read about First World War fighter pilots. But, with his students this year, he'll be taking a more personal approach.

> **Kids today are much further removed from the sacrifices people made back then.**
> Vice-principal Dan Tinaburri

"With young kids, you're almost having to relate this to: What do you know about this?" he said. "For some of them, they might have had a great grandfather who served. For some of those children, especially those from other parts of the world, where there is a lot of military conflict going on right now, the opportunity for them to see how this shaped our nation, shaped our identity, is huge."

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Reservoir off limits to paddleboarders

GLENMORE

City maintains ban lest a fall contaminate drinking water

Robson Fletcher
Metro | Calgary

Calgary's restrictions on paddleboarding in Glenmore Reservoir will stay, the city says, despite calls to open the artificial body of water up to the popular activity.

"The position of the city is still the same," recreation complex co-ordinator Doug Bruneau said this week. "It hasn't changed."

Last summer, some standup paddleboarders were surprised to find the activity is banned on the reservoir on the basis that participants might fall in and contaminate the water, which is used for drinking.

Swimming is not allowed, but non-motorized vessels like kayaks, canoes and sailboats are permitted.

Tony Palmer, owner of Undercurrents paddling store in Bowness, said he heard "whispers" the paddleboard ban might be lifted but was disappointed to find the city is standing firm on what he described as a "ridiculous" policy. "There's an excellent, state-of-the-art filtration system between the reservoir and people's taps. A person falling in the water makes no material difference."

Palmer said beginner sailors routinely end up in the water, and noted that runoff from upstream agriculture presents a much bigger contamination threat.

Bruneau, however, said the 17 million cubic metre reservoir's purpose is primarily as a drinking-water source, secondarily as a flood-mitigation measure, and thirdly as a place for recreation.

"It's more important ... to protect the water than it is to increase the number of users on the reservoir," he said.

Standup paddleboards can't use the reservoir. THE ASSOCIATED PRESS/FILE

POLICE

CPS app vulnerable, ethical hacker says

Helen Pike
Metro | Calgary

A Calgary-based ethical hacker says it took him about five minutes to uncover a blatant misstep in the coding of the Calgary Police Service's mobile app that makes the software and users vulnerable to outside attack.

"I decided I wanted to spend five minutes and see what I could see, and it was on an Android phone," said Mike Clark, an independent security researcher. "This vulnerability is not really insanely technical, or anything like that; it would be apparent to anyone who is looking."

Clark, a recent University of Calgary grad, has an undergraduate degree in computer science with a specialization in information security. He has a day job but in his spare time likes to investigate safety matters like this one, as what he described as a form of public service.

Clark said the CPS mobile app's vulnerability would allow a malicious hacker to change the layout of the app, change where links lead users, even impersonate web pages such as Crime Stoppers.

"It allows you to inject arbitrary content, specifically what you'd worry about would be ... some sort of scripting code on the device," Clark said. "Their biggest concern is it opens up an avenue to exploit existing vulnerabilities on their phone."

Essentially, he said a hacker using phone users' trust of the police could exploit that trust and lead them to malicious, third-party web pages.

Kevin Brookwell, spokesman for the Calgary Police Service, said they are grateful for the heads-up.

"Some changes were made to the application, but we're confident in the integrity of the current version of the application."

Calgary officers show off the CPS app. HELEN PIKE/METRO

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National Chief Perry Bellegarde, of the Assembly of First Nations, speaks to a gathering of the Calgary Chamber on Wednesday. ROBSON FLETCHER/METRO

Chief, councillor call for training

MUNICIPAL WORKERS

Officials want aboriginal education offered for staff

Robson Fletcher
Metro | Calgary

National Chief Perry Bellegarde of the Assembly of First Nations says the City of Calgary would do well to offer training to its staff in aboriginal culture and history.

"I think it would have a positive impact," Bellegarde told Metro Wednesday, in response to questions about how the city should respond to the "calls to action" in the recent report from the Truth and Reconciliation Commission (TRC).

Coun. Brian Pincott is calling for more detail and firm timelines on what the city plans to do in light of the TRC report, which included several specific recommendations for municipalities.

Pincott said Calgary should act soon on the recommendation to "provide education to public servants on the history of aboriginal peoples, including the history and legacy of residential schools," in particular.

Bellegarde said that would be a positive step toward reconciliation, one he described as a form of "misconception training."

"Breaking down the racial stereotypes will help ... bring about reconciliation and build a better partnership between indigenous and non-indigenous peoples in Canada," the chief said.

"I've always stated: education and awareness leads to understanding, leads to action."

Pincott has drafted a motion calling on city staff to provide an update on Calgary's TRC-response plans by November and a more thorough report by May 2016.

The motion was initially set for this week's council meeting but has been deferred until the meeting on Monday next week, as council has been wrapped up with a days-long deliberation on a development proposal for Paskapoo Slopes.

Bellegarde said municipal governments, including Calgary's, should also take formal steps to encourage higher levels of government to act on the dozens of TRC recommendations aimed at the provincial and federal levels.

> **"I've always stated: education and awareness leads to understanding, leads to action."**
> National Chief Perry Bellegarde

"What they can do is urge the powers that be, both federally and provincially, to develop an implementation and action plan," he said. "That's something they can do immediately."

IN BRIEF

Spectacle of chicken truck blaze sparks crashes

RCMP are blaming rubbernecking drivers for two collisions on a Alberta highway that left one person in hospital with serious injuries. Mounties say the trouble started after emergency crews shut down the westbound lanes of the Trans-Canada Highway to deal with a fire in a semi carrying frozen chicken. Around the same time, three eastbound vehicles collided when the drivers slowed to watch firefighters handling the blaze. THE CANADIAN PRESS

CRIME

Man charged after series of break-ins

Calgary police have charged a man in relation to 14 break and enters targeting shops and small businesses in the city's southwest.

Dallas Morris Shaw, 46, was charged with 14 counts of breaking and entering to commit theft.

At 6 p.m. Thursday, he was arrested at a store located on the 300 block of 61 Avenue SW.

Prior to the arrest between July 4 and July 14, many businesses in the area of Macleod Trail and 42 Avenue SW were targeted by the suspect, who would gain entry to the store by breaking glass windows and stealing cash boxes and items.

Police identified Shaw via CCTV cameras.

He was also arrested on an outstanding Canada-wide warrant for being unlawfully at large, and three other outstanding Alberta-wide warrants for break and enter to commit theft. Shaw will appear in court on Friday. JEREMY SIMES/FOR METRO

ADVERTISING FEATURE

CALGARY DEALERSHIP CLEARING OUT ALL USED VEHICLE INVENTORY UP TO 50% OFF!!!

Carl Holst, Sales Manager at **Stampede Toyota,** just announced plans to hold a Used Vehicle Spring Clear Out Sale with savings up to 50% off every Used Vehicle in stock **Taking Place Tomorrow! July, 25, 2015.**

According to Mr. Holst, increased sales from the last few months have resulted in an overstock of tradeins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we have too many cars and trucks on our used lot and must reduce this to a more manageable number.

During this Used Vehicle Clear Out Sale every used car and truck will be sold with discounts from 10% up to 50% off the original asking price. Our customers will find these prices thousands of dollars lower than our competition and even lower than the auctions." Mr. Holst Said. Auction bidding often inflates the true value of a car so you pay more. Here every car and truck is on sale up to 50% off, first come first served and no bidding.

It's the perfect opportunity to get a good quality used car at these amazingly reduced sale prices. This unheard of approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle or the need for endless haggling.

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as 50% OFF tomorrow, July 25, 2015, during a one-day sale event.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said.

Prices will be posted on the windshields and customers will be given the opportunity to purchase the vehicle at the lowest price in the city. All cars are on display at **Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway.** This Sale is one day only, doors opening at 8:30 am. Those who arrive early will get the best selection.

"We also have four business managers who will help buyers arrange affordable financing options."

We've got over $14 Million Dollars in inventory to choose from. Our total Inventory will be close to 600 new and used cars and trucks to choose from. We want to remind everyone again that this is a oneday sale only. When their inventory has been reduced, they will remove the sale prices and return to normal operations.

"Since we are a local business we would like to give back to the community we are in," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than have to wholesale them at an auction."

All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Be sure to get down there early for best selection and take advantage of this opportunity to get the vehicle you have been waiting for, at the price you have been waiting for.

Due to the volume of sales during this event, please no telephone inquiries.

AMVIC Licensee

MILK CARTON KIDS TURN UP FOR FOLK FEST

MUSIC

Latest album written, recorded while touring

Lisa Wilton
For Metro

Los Angeles folk duo The Milk Carton Kids got a career boost after appearing in the music documentary Another Day/Another Time: Celebrating the Music of Inside Llewyn Davis alongside Jack White and Joan Baez. They play the Calgary Folk Fest Mainstage on Saturday. RYAN MASTRO/FOR METRO

Joey Ryan was only one year into his solo career when he had the night that every musician dreads.

"I played a show where nobody came," said Ryan, one-half of Los Angeles folk duo, The Milk Carton Kids.

"I had the big goose egg, where it was time to start playing and there was nobody in the room except me and the bartender and the sound guy. And the bartender and the sound guy were the same person.

"It was around that time I said, 'Ah maybe I'll go back to school and do a PhD in psychology, which had been my plan all along."

Ryan, however, never made it to the first day of classes. Instead he found himself writing songs again after a friend asked him to contribute music to independent film.

"He put one of my songs in the film and asked me to write another one," Ryan said.

"And then I got a song in a TV show and all of a sudden I could pay rent for the next six months. I just got a little bit of a reaffirmation at the right time."

Ryan continued to pursue a solo career and gained a small following in L.A.'s folk music scene. Kenneth Pattengale was forging a similar path and when the two met after one of Ryan's shows five years ago the story of The Milk Carton Kids began.

> **People will come up to me and say, 'My kid's in high school and they turned me onto your band and I think you're just great. You remind me of Simon & Garfunkel in the old days.'**
> Joey Ryan

The duo's musical style and beautiful, close harmonies are most often compared to the Simon & Garfunkel, although with a rootsier, more contemporary flavour.

Ryan says when the group began, he and Pattengale committed themselves to writing and performing songs using just their guitars and voices.

While it might seem there is only so far a musician can go within that framework creatively, Ryan says The Milk Carton Kids have found the restrictions liberating.

"We start looking deeper within the framework and figuring out what more can be done with two guitars and voices," he explained.

"We think about what more can we do within the context, instead of looking outside of ourselves."

The bittersweet, melancholic nature of The Milk Carton Kids' music is belied by Ryan and Pattengale's hilarious onstage banter and bickering. The mix of both is one of the reasons the pair has gained a multigenerational fan base.

"People will come up to me and say, 'My kid's in high school and they turned me onto your band and I think you're just great. You remind me of Simon & Garfunkel in the old days,'" Ryan said.

"That happens just as much as some kid coming up and saying, 'This is really embarrassing, but my dad likes your band and turned me on to you.'

"If a kid can take a band recommendation from their parents and it's us, that's amazing."

SET

The Milk Carton Kids play the Folk Fest Mainstage on Saturday at 6:30 p.m. They return to Calgary on Oct. 10 with a show at Central United Church.

The duo's fourth and latest album, Monterey, was written and recorded entirely on the road when the band was on tour last year.

Q&A

Comedian Adora Nwofor featured

Adora Nwofor is one of those people you always notice. The statuesque Calgarian is a loud and proud feminist with penchant for fashion and comedy. She performs her stand-up comedy set at the Calgary Folk Festival's Talk Tent on Saturday and Sunday at Prince's Island Park.

You were studying anthropology when you first tried your hand at comedy. What led you to you to the stand-up stage?
My friend invited me to come to workshop about comedy with her. Only, they called my name and I wasn't prepared. But I believe opportunity doesn't pass you, so I got on that stage and said everything I could think of about the funniest subject I know, me. I got off the stage and the adrenaline was pumping and I had never experienced that feeling before and comedy was the reason.

Where does your comedy come from?
Mostly I want to be honest on stage and I think the easiest way for me to do that is to laugh about events in my life. Sometimes it's a feeling I have, something I saw or events in the world. It is important to me to watch the comedians who go on before me and try to add to their content or audience response to be more interactive.

You're six-foot-one. Does your presence tend to dissuade anyone from heckling?
No I am not six-foot-one, I'm five-foot-13, for the record. My height sure does get me attention and I love to wear heels! To add, I can have some pretty big hair, so I can be up to six-foot-nine if I try. But that's who I am and I don't do it to make people feel uneasy. I love my look and my size shouldn't deter people from treating me like anyone else. This does not mean I don't get heckled. Sometimes someone wants to show off his or her big ego and it's part of my job to present. I can't control who shows up, all I can control is my response and I do my best to be funny, control my room and not attack.

How will your 'daytime set' at the Folk Fest Talk Tent differ from your regular set?
I'm not really going to change much in my set for daytime as I don't swear a lot, so that's not an issue. I do wonder about the children because I haven't had much experience performing to the youngsters. I'm confident I can get the crowd going and colleagues of mine, who have previously done Folk Fest, have raved over the great crowd that comes out. LISA WILTON/FOR METRO

Calgary comedian Adora Nwofor is featured at this year's Calgary Folk Musical Festival Talk Tent on Saturday and Sunday. EMINENT MEDIA

DON'T-MISS PICKS

Kerry Clarke's Folk Fest Top Five

The Calgary Folk Music Festival artistic director gives a rundown of her don't-miss picks for this year's festival, which runs Thursday through Sunday at Prince's Island Park.

1 Kid Koala
This is his only summer North American performance of his special Vaudeville Vinyl show. It's a spectacle with state-of-the-art backup singer puppets, dancing girls and the almost life-size Nufonia Must Fall and Space Cadet robots, plus a giant cardboard working gramophone, 12-bit blues bingo and the funky roulette wheel of awesomeness.
(Friday at 8:55 p.m. on Stage 4)

2 Thao and the Get Down Stay Down
There's a reason she's been featured on Austin City Limits. Her creative, nuanced pop that includes banjo flourishes is really entrancing.
(Saturday at 7:35 p.m. on Stage 4)

3 Frazey Ford
She's one of the talented Be Good Tanyas and her second solo album, Indian Ocean, was recorded in Memphis backed by Al Green's amazing Hi Rhythm Section. The video for her new, casual-but-cutting video for the song Done gives a taste of the awesomeness of her performance.
(Friday at 6:45 p.m. on the Mainstage)

Frazey Ford, seen here as a part of the Be Good Tanyas. THE CANADIAN PRESS FILE

Rhiannon Giddens. THE ASSOCIATED PRESS FILE

4 Rhiannon Giddens
I loved the Carolina Chocolate Drops, who introduced me to the African roots of string band music. She and producer T-Bone Burnett have enhanced that old time music with fuzz-toned rockabilly guitar, joyful call-and-response testifying and R&B swing. It's deep, socially conscious and soulful music.
(Sunday at 6:35 p.m. on the Mainstage)

5 DakhaBrakha
A theatrical, genre-busting, reframed traditional Ukrainian mashup. In white lace dresses, piles of beaded necklaces and exaggeratedly tall black lambswool hats, their percussive music is surrounded by experimental vocals for music that incorporates indie rock, hip-hop, contemporary drone and trance.
(Thursday at 6:30 p.m. on the Mainstage and Friday at 4 p.m. on Stage 5)

Dave Kenney has been shooting Calgary Folk Fest photos, like this one of Thievery Corporation, for 10 years. COURTESY DAVE KENNEY

Volunteer profile: David Kenney

Q&A

Festival photo co-ordinator chats with Metro

Lisa Wilton
For Metro

How long have you been involved with the Calgary Folk Fest?
This is my 10th year as photo coordinator and 12th as festival volunteer.

Why do you continue to volunteer?
I volunteer to support culture in Calgary. We are so much more than Stampede City.

How many people are on the photo team and how does one get involved?
There are 13 people on the photo crew, including two search editors, nine photogs and two coordinators. Getting on the photo crew is like the Holy Grail of Folk Fest and people don't usually leave. I have volunteers on my crew who travel from Edmonton, Boise and Mexico City to be here. One year I had a crew member haul is baby son in a child carrier around the island while volunteering.

What has been your favourite experience at Folk Fest?
The time Nick Lowe and Robyn Hitchcock hosted a Beatles sing-a-long in the 'quiet room' at the Westin (during an afterparty.) I couldn't believe my good fortune. And seeing my not-quite-two-year-old nephew clap at a Chad Van Gaalen set. There IS hope for the future.

Who do you prefer photographing, the artists or the audience?
I prefer photographing the audience because you never know what you're going to get. It's always a spin-the-wheel of emotions with the audience. I love it when you see an audience member have an 'a-ha!' moment and connect with the music.

Where can we find this year's Folk Fest photos?
Twitter, Instagram and Periscope at @calgaryfolkfest, Snapchat at @CFMFsnaps, YouTube at Youtube.com/user/CalgaryFolkFest and Facebook.

Want to have a good time at Calgary Folk Music Festival? We've got a few tips for those looking to spend a great deal of time at Prince's Island Park. COURTESY DAVE KENNEY

TOP TIPS

What to know before you head out

Everyone can use a bit of a tip sheet for the Calgary Folk Music Festival, so we've compiled a cheat sheet here for you before hitting the festival grounds.

• The Calgary Folk Music Festival kicks off Thursday with DakhaBrakha, Bombino, Shakey Graves and the John Butler Trio on the Mainstage, and Jr. Gone Wild, The Wooden Sky and Reuben and the Dark on the Twilight Stage. Gates open at 4 p.m. on Thursday, 2:30 p.m on Friday and 9:30 a.m. on Saturday and Sunday.

For full lineup and schedule information, go to CalgaryFolkFest.com

• There is parking close to the island, but spots can fill up fast. If you want to be more eco-friendly, take advantage of Calgary's new downtown cycle tracks or the pathways to get to Prince's Island Park. There's an onsite bike concierge, so your mode of transport will be safely locked up.

• Bring a reusable water bottle. In an effort to cut down on unnecessary waste, Folk Fest vendors do not sell bottled water. However, there are several water stations around the island to refill your own bottle.

Food is allowed, but do try some of the delicious global cuisine available at the many vendors at the festival. Also, bring extra money to buy artist CDs, vinyl, posters and t-shirts, or check out the fabulous festival market for unique items.

• Bring a tarp or blanket. Tarpies have been a mainstay of the Calgary Folk Fest since the beginning, although there has been some grumbling about the tarps in front of the mainstage in recent years.

Those who want to dance can still do so in roped off spots on the sides of the stage.

• For the love of God, do not wear an Aboriginal headdress. While the festival hasn't officially banned it, they've made it clear that wearing Native headdresses as a fashion accessory is lame and anyone wearing one will be mocked and asked to remove it. Well, asked to remove it at the very least, although they should also be made fun of.

LISA WILTON/FOR METRO

NOVA SCOTIA

LGBTQ families invited to foster

Nova Scotia is reaching out to the LGBTQ community through a social media campaign to encourage them to become foster parents.

The campaign will run during this month's Pride celebrations and end on July 26.

"Our hope is to encourage responsible adults in non-traditional families to consider becoming a foster parent," Community Services minister Joanne Bernard said in a statement.

"We hope that same-sex couples and others will be encouraged by this campaign to find out more."

The Community Services department says Nova Scotia has about 800 children living with foster families, and like other parts of North America, have experienced a decline in the number of foster families in the past five years.

METRO HALIFAX

LGBTQ couples are being encouraged by the province to become foster parents. JEFF HARPER/METRO HALIFAX

Feds on track to run $1B budget shortfall: PBO

BANK OF CANADA

Projections cast doubt on promise to balance books

The Bank of Canada's latest economic forecast puts the federal government on track to run a $1-billion deficit in 2015-16, casting doubt on the governing Conservatives' promise to balance the election-year books, says a new analysis by the parliamentary budget office.

The results of the calculations, based on the downgraded projection released last week by the central bank, also trim the government's expected surpluses over the next two years.

The bleaker fiscal outlook, released Wednesday, surfaces as political parties are pitching economic policies to voters ahead of the October election.

In its April budget, the Harper government predicted a string of surpluses, starting with $1.4 billion for this election year. The government forecast surpluses of $1.7 billion in 2016-17 and $2.6 billion in 2017-18.

But the budget office projects the government producing a $1-billion shortfall in 2015-16 followed by smaller surpluses of $600 million and $2.2 billion over the next two years.

Their calculations used fresh projections by the Bank of Canada, which last week lowered its outlook for economic growth in 2015 to 1.1 per cent, down from 1.9 per cent earlier this year.

Canada's economy has been struggling, leading some to state it has slipped into recession. It contracted in the first quarter of the year at an annualized rate of 0.6 per cent — in large part due to the steep drop in oil prices and the failure of other sectors to pick up the slack.

That number registered well below the federal budget's projection that real gross domestic product would grow by 1.2 per cent over the first three months of 2015.

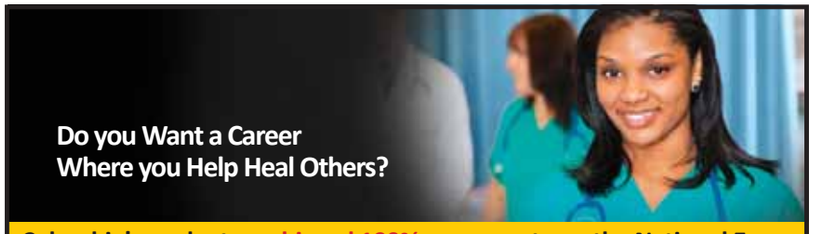
The budget office factored in positive offsets that have appeared since the release of the spring budget: lower interest rates and higher gross domestic product inflation. Their projections also use up the government's $1-billion annual reserve set aside for contingencies.

The analysis was produced by the independent office following requests by NDP MP Nathan Cullen and Liberal MP Scott Brison. Both their parties were quick to jump on the results.

THE CANADIAN PRESS

Bank of Canada Governor Stephen Poloz holds a news conference in Ottawa on July 15. The Bank of Canada's latest economic forecast puts the federal government on track to run a $1-billion deficit in 2015-16. ADRIAN WYLD/THE CANADIAN PRESS

> **Their economic record is in tatters. They've failed to be fiscally responsible.**
> Liberal MP Scott Brison



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ASSISTED SUICIDE

Panel won't dictate legislation: MacKay

Panellists tasked with consulting Canadians on the highly controversial issue of doctor-assisted death won't dictate the government's response to the Supreme Court's ruling on the matter, Justice Minister Peter MacKay says.

The government has been accused of creating a biased panel since two of its three members are outspoken opponents of allowing Canadians to seek medical help to end their lives.

But MacKay, who is not seeking re-election, said Wednesday it's important to remember who holds the decision-making power.

"Ultimately, it is the executive branch of the country that will make these important decisions on legislation that I believe, and this is my view, are necessary to fill what is quite a gap now in our Criminal Code as a result of the Carter decision," MacKay said in Halifax.

MacKay said the panellists will consult with a "broad array of participants" before reporting back to the government in late fall — after the Oct. 19 election.

THE CANADIAN PRESS

Justice Minister Peter MacKay THE CANADIAN PRESS FILE

IN BRIEF

Canada near to wiping out HIV transmission from moms to babies

Canada has virtually eliminated the incidence of mothers passing HIV to their infants at birth, primarily because of high rates of prenatal testing and ready access to drug treatment that subdues the infection, researchers say.

THE CANADIAN PRESS

Couple with 30 feline friends removed from Quebec City home

Firefighters wearing special equipment removed a man and woman from their Quebec City home after finding about 30 cats in the residence. The residents were taken to hospital on Tuesday.

THE CANADIAN PRESS

A hiker makes his way past a fire hazard sign on the Baden Powell trail in north Vancouver earlier this week. Extreme heat and the lack of rain has put most of British Columbia in danger of forest fires. JONATHAN HAYWARD/THE CANADIAN PRESS

Wildfires may be 'new normal'

BRITISH COLUMBIA

Premier Clark blames climate change for altering terrain

Relentless forest fires burning across British Columbia may be the new normal, Premier Christy Clark warned as she stood not far from a raging fire that threatened homes in her own riding.

Clark spoke near the Westside Road fire outside West Kelowna on Wednesday, where flames have forced emergency officials to issue evacuation orders to the residents of 70 homes.

It's one of 10 evacuation alerts or orders across the province, where more than 250 blazes are burning, 43 of which broke out on Tuesday following a series of lightning storms.

The premier said she is concerned that climate change has altered the terrain, drying out the land and making it more vulnerable to fire, and as a result what B.C. is seeing isn't unusual and will happen more often.

As of Wednesday, the province has spent more than $140 million battling the 1,300 wildfires that have broken out this season, and Clark said the province could spend another $300 to $400 million this year if the pace continues.

She doesn't think the fires will put the province into a deficit, because the government ran a surplus of $1.7 billion last year and is expected to run a surplus again this coming fiscal year, Clark said.

"I am mostly concerned ... that the forest fire season won't give us a break and that we're going to see more homes threatened, more people's livelihood threatened, more forest resources lost." THE CANADIAN PRESS

IN BRIEF

CP Rail to appeal rulings tied to Lac-Megantic settlement

Canadian Pacific Railway Ltd. is continuing its legal fight against a recent court decision that awards more than $430 million to victims and creditors of the Lac-Megantic train derailment.

CP has filed for permission to appeal one of three decisions rendered by Quebec Superior Court Justice Gaetan Dumas regarding the settlement fund.

Dumas approved the $430-million package earlier this month and rejected three CP motions seeking to gain access to privileged documents, to have the fund cancelled and to have the proceedings moved to Federal Court. THE CANADIAN PRESS

ALBERTA

Nexen Energy oil spill prompts alarm

Nexen Energy said Wednesday it can narrow down when a pipeline ruptured in northern Alberta to a two-week period, something that one environmental group said is cause for alarm.

Ron Bailey, the company's senior vice-president of Canadian operations, said officials still don't know precisely when the pipeline began leaking after a 5 million-litre spill was discovered last Wednesday in Anzac, about 35 kilometres southeast of Fort McMurray.

But Bailey said the company believes the leak began some time between June 29, when crews finished a cleaning, and July 15, when a contractor discovered it near Nexen Energy's Long Lake oilsands facility.

Mike Hudema of Greenpeace Canada's climate and energy team said it is stunning that the spill may have gone undetected for as long as that.

"It's shocking to learn that the pipeline may have been spilling for two weeks before it was discovered — and even then, only by accident," said Hudema in a statement.

"Warning bells should be going off for Canada's premiers right now about the dangers they are bringwwing to their communities if new pipelines are built because that's what they're calling for with the Canadian Energy Strategy."

Bailey said he doesn't know how long the cleanup will take. About 130 workers are on site, working to contain and vacuum the spill. THE CANADIAN PRESS

BACKGROUND

The pipeline was installed last year and a warning system didn't detect the leak. The company is investigating.

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*Taxes extra.

THE 2015 CLA 250
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Lease rate	Lease payment	Includes
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*Taxes extra.

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Officials defend video of black motorist's arrest

UNITED STATES

Driver later found dead in jail cell from alleged suicide

Authorities in the U.S. say a patrol car video showing the arrest of black motorist, who was later found dead in a jail cell, was not edited or manipulated.

The death of Sandra Bland, three days after she was arrested by a white law enforcement officer during a heated confrontation over a minor traffic infraction, is the latest case to cast national attention on the interactions between police and minorities in the United States.

Officials say Bland, 28, hanged herself with a plastic garbage bag in her jail cell, a contention her family and supporters dispute. The video doesn't reveal what happened while she was in custody, but it depicts an emotional exchange in which the officer tried to drag Bland from her car, drew his stun gun and threatened her. The case has resonated on social media, with posts questioning the official account of the events.

The video posted by the Texas Department of Public Safety Tuesday shows the trooper stopping Bland for failure to signal a lane change. The conversation turns hostile when the officer asks Bland to put out her cigarette and she asks why she can't smoke in her own car. The trooper then orders Bland to get out of the vehicle. When she refuses, the officer pulls what appears to be a weapon and says, "I will light you up."

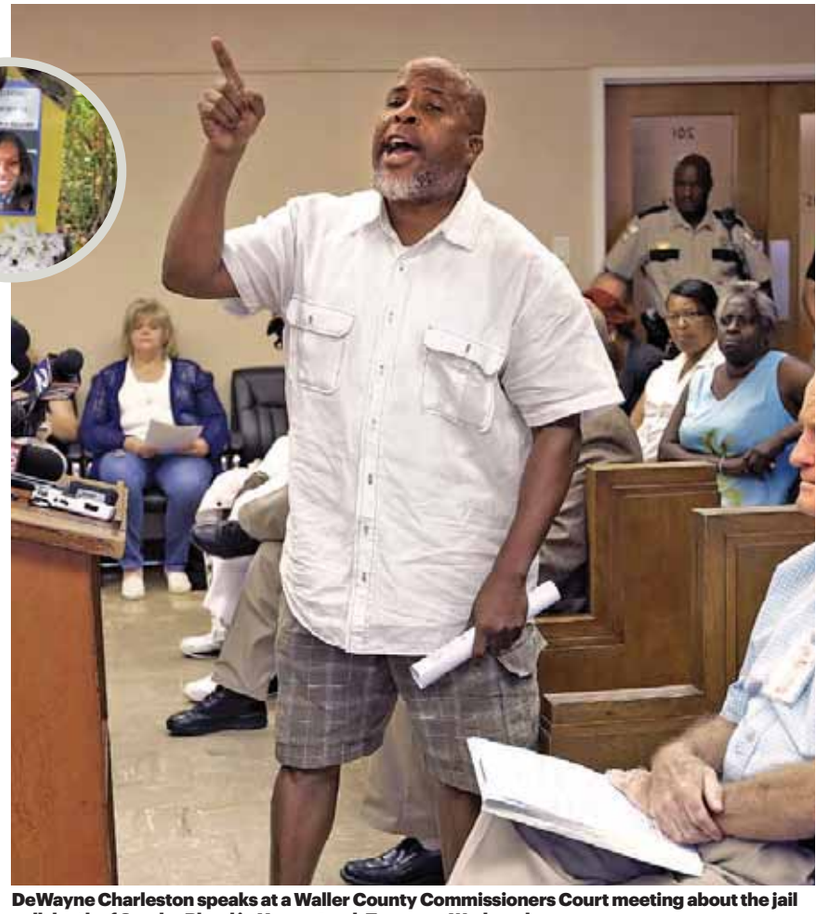
Out of camera view, Bland continues protesting, using expletives and calling the officer a "pussy." At one point, she screams he's about to break her wrists and complains he knocked her head into the ground.

The video has drawn criticism for gaps and overlaps, but the Texas Department of Public Safety insisted Wednesday it had not been doctored.

> **I will light you up.**
> Brian Encinia, state trooper, to the now-deceased woman

DPS spokesman Tom Vinger said glitches in the recording occurred when it was uploaded for public viewing.

In an affidavit released Tuesday, the trooper, Brian Encinia, said he used force "to subdue Bland to the ground," and she continued to fight back. He also said Bland swung her elbows at him and kicked him in his right shin. Encinia is now on administrative leave. THE ASSOCIATED PRESS



DeWayne Charleston speaks at a Waller County Commissioners Court meeting about the jail cell death of Sandra Bland in Hempstead, Texas, on Wednesday. PAT SULLIVAN/THE ASSOCIATED PRESS

GLOBAL HEALTH

MERS quelled: S. Korea

MERS-CoV (Middle East respiratory syndrome coronavirus) has claimed the lives of 36 people worldwide while the South Korean government has told foreign diplomats the outbreak in the nation is effectively over.

The World Health Organization (WHO) reported the figure of 36 dead Wednesday, along with 186 people in the Republic of Korea and one person in China as having contracted the disease.

The South Korean government said no new MERS cases have been reported in more than two weeks and that it is now safe for travel.

The outbreak led thousands of tourists to cancel visits to South Korea, and Korean Air Lines Co Ltd. as well as Asiana Airlines Inc. whittled down their flight schedules.

The companies said Tuesday they will resume normal operations early next month.

MERS-CoV is a strain of coronavirus that causes a viral respiratory illness called MERS. The disease was first reported in Saudi Arabia in September 2012, WHO said.

The outbreak in South Korea has been the largest outside Saudi Arabia, the organization added.

MERS, along with a drought in South Korea, is expected to slow the country's economic growth in the second quarter, AFP reported Finance Minister Choi Kyung-Hwan as having said earlier this week.

METRO CANADA

PRISON BREAK

Pepper used to elude searchers

Two killers who escaped last month from a maximum-security prison in northern New York bushwhacked, tramped through swamps and put pepper in their boots to elude the army of searchers on their tail, according to the co-ordinator of the manhunt.

Details provided by State Police Maj. Charles Guess to the Press-Republican of Plattsburgh show that David Sweat and Richard Matt went out of their way to confound searchers after their June 6 escape from Clinton Correctional Facility, near the Canadian border.

After a panicky moment when their getaway ride failed to show, the two convicted murderers walked west from the prison toward deep woods.

Sweat carried pepper to throw off tracking dogs in the guitar case he packed with food and other provisions squirreled away while in prison.

David Sweat, left, and Richard Matt staged a brazen escape from prison. NEW YORK STATE POLICE/THE ASSOCIATED PRESS

"They put it in their boots, and whenever they made a significant change in direction or had holed up for a while, they used pepper liberally to throw off the dogs," Guess told the newspaper.

Travelling mostly at night, they bushwhacked through the heavily wooded area, knowing that it would be more difficult for searchers. They stole a compass and a transistor radio. Wherever they could, they walked through water and swamps to throw off the hundreds of officers searching for them. THE ASSOCIATED PRESS

IN BRIEF

Russian court grants amnesty to squirrel shooter

A teenager convicted of animal cruelty for killing a squirrel in a city park in St. Petersburg has been spared any prison time because of a widespread amnesty in honour of the Allied victory in the Second World War.

Yelisei Vladimirov, who claimed self-defence, was sentenced Wednesday to one year in prison but was granted amnesty on the spot, prosecutors said.

He thus became one of about 150,000 people who have been released from prison or granted amnesty in honour of the 70th anniversary of the Allied victory in Europe. The amnesty announced in May covers first-time offenders as well as those convicted of petty crimes. THE ASSOCIATED PRESS

CHARLESTON SHOOTING

Hate crime charges for church shooter

The man accused of slaying of nine black church members in Charleston last month was indicted Wednesday on 33 federal counts, including hate crimes, firearms violations and obstructing the practice of religion, which could include the death penalty.

Attorney General Loretta Lynch announced the federal grand jury indictments of 21-year-old Dylann Roof. The charges have been expected since Roof was arrested following the June 17 shootings at Emanuel African Methodist Episcopal Church in downtown Charleston.

Roof, who is white, appeared in photos waving rebel Confederate flags, and survivors told police that he hurled racial insults during the attack. The shootings prompted an abrupt shift in political willingness to take down the rebel flag from the South Carolina Statehouse grounds and renewed a movement to remove it from the public sphere around the South. The flag, flown by armies of the secessionist proslavery Confederacy during the Civil War, is claimed by some white southerners as a symbol of regional and ancestral pride but has also been used by white supremacists.

Prosecutors haven't said whether they'll seek the death penalty against Roof.

Federal officials had previously said that the shootings generally meet the legal requirements for a hate crime and that federal charges were likely.

THE ASSOCIATED PRESS

NORWAY GRIM ANNIVERSARY NATO Secretary General Jens Stoltenberg places a rose in memory of 69 people killed in 2011 in shootings at a youth camp. FREDRIK VARFJELL/THE ASSOCIATED PRESS

Bombs kill 26 in Iraq

BAGHDAD

Scores wounded in attacks on Shiite markets

A pair of car bombs exploded Wednesday at crowded markets in predominantly Shiite Baghdad neighbourhoods, killing at least 26 people and wounding 58, authorities said.

The first explosion took place in the impoverished neighbourhood of al-Bayaa in the southwestern sector of the Iraqi capital, a police official said. The blast killed at least 18 people and wounded 36, the official said.

Later in the day, a second car bomb detonated in the northeastern neighbourhood of al-Shaab, killing at least eight and wounding 22, police said.

Hospital officials corroborated the casualty figures. All officials spoke on condition of anonymity as they were not authorized to brief journalists.

No one immediately claimed responsibility for the attacks. The Islamic State militant group frequently targets Shiite areas across the country, as well as military checkpoints and government installations. The radical Sunni group seeks to destabilize the Shiite-led government in Baghdad. The group, also known as ISIL or ISIS, holds roughly a third of Iraq and neighbouring Syria in their self-declared "caliphate."

Last Friday, the militant group attacked a popular market in Iraq's eastern Diyala province, killing 115 people — the majority of them Shiite — and wounding more than 170 in what was one of the largest single attacks in Iraq over the past decade.

Bombings occur almost daily in Baghdad, but violence has been relatively subdued in the capital since the height of sectarian violence in 2006 and 2007, when hundreds of people were killed across Iraq almost daily.

Large-scale military operations are currently underway in Iraq's western Anbar province and in Salahuddin province, north of Baghdad, as the Iraqi military and the government-sanctioned Popular Mobilization Forces attempt to reclaim territory in the country's Sunni heartland.

In New York, meanwhile, Jan Kubis told the U.N. Security Council on Wednesday that the United Nations is "very worried" at reports that desperate Iraqis are turning to the Islamic State for help. THE ASSOCIATED PRESS

VATICAN CONFERENCE

Mayors to tackle poverty, climate change

Mayors emboldened by an appeal from Pope Francis committed themselves Wednesday to a new set of UN goals to end poverty and promote sustainable development over the next 15 years.

Several dozen mayors from around the world, at the end of a two-day summit at the Vatican, unanimously adopted a declaration pledging to endorse the goals and work to implement them in their home cities.

World leaders are set to adopt the 17 "sustainable development goals" at a UN summit in September that will be opened by Francis. The goals commit leaders to end extreme poverty and hunger by 2030, ensure health care, education, access to water, sustainable energy and growth for all — and take urgent action to combat climate change.

The Vatican invited some 60 mayors (including Vancouver's Gregor Robertson) to the conference. Cities seem to be the key to tackling global warming: They account for two-thirds of the world's greenhouse-gas emissions, are drivers of the world economy and are expected to grow enormously in coming decades as the poor flock to urban centres in search of work.

The aim of the two-day meeting was to pressure national leaders to make solid commitments at the September UN development summit and climate negotiations in Paris later this year. THE ASSOCIATED PRESS

Pope Francis THE ASSOCIATED PRESS

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57230 DENALI SOLD! SOLD! $57,SOLD! $45,006
57223 DBL CAB SLT leather & remote start $57,375 21.56% $45,006
57229 DENALI SOLD! SOLD! $57,SOLD! $45,006
SONIC
50620 5DR RS turbo & leather $26,635 20.38% $21,207
50622 5DR RS turbo & leather $26,635 20.38% $21,207
50624 5D SOLD! SOLD! $26,SOLD! $21,051
SPARK
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54406 LT SOLD! SOLD! $44,SOLD! $35,010
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55150 DBL CAB 2LT heated seats & remote start $52,295 22.85% $40,346
CRUZE
52302 2LT AUTO RS pkg $28,950 21.66% $22,679
52320 2LS AUTO Onstar & A/C $22,715 20.06% $18,159
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market minute

DOLLAR
76.70¢ (-0.53¢)

TSX
14,307.12 (-69.12)

OIL
$49.19 US (-$1.67)

GOLD
$1,091.50 US (-$12)

NATURAL GAS: $2.897 US (+1.5¢)
DOW JONES: 17,851.04 (-68.25)

CURRENCIES

Loonie falls to 2004 low

The Canadian dollar dropped to levels Wednesday not seen in more than a decade as the price of oil and gold both came under pressure.

The loonie was down 0.53 of a cent to 76.70 cents US. That's the lowest level since Sept. 1, 2004.

The loonie could fall even closer to 70 cents US in the coming months on the dismal combination of weak recent Canadian economic data and a rate cut from the Bank of Canada last week, said Gareth Watson, vice-president of investment management and research at Richardson GMP Ltd.

"Those are the two things will really drive the currency in the short term," he said. "It's difficult to find a positive catalyst to get things back to 80 (cents) or above."

The dollar has been on a downward slide since last summer, when the price of oil started to weaken.

Oil prices dropped below the $50 US mark in trading Wednesday, settling at $49.19 US, while gold lost $12 US to fall to $1,091.50 US an ounce.

THE CANADIAN PRESS

Demonstrators stand in front of a banner reading No to Euro during an anti-austerity rally outside the Greek Parliament in Athens on Wednesday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Greece gets more cash

ECONOMY

Extra liquidity means people can continue to access funds

Greece's liquidity-starved banks got a new cash injection from the European Central Bank on Wednesday, hours before a key vote in parliament on further economic reforms demanded by international creditors in return for a third bailout.

A European banking official told The Associated Press the ECB decided to increase emergency liquidity to Greek banks by 900 million euros ($980 million US) — the second such cash injection in under a week.

Fearing a run by depositors flocking to take their savings out of Greek banks, the government imposed capital controls more than three weeks ago, restricting daily withdrawals to 60 euros ($65 US) per account holder. Extra ECB liquidity means that Greek banks will still be able to hand out cash.

Prime Minister Alexis Tsipras' radical left-led government is facing its second crunch test in parliament in a week. Failure to pass the economic measures could undermine his coalition and trigger fresh fears over the country's future in the shared euro currency.

The vote on changes to Greece's judicial and banking sectors is one of the requirements that European creditors have insisted upon in order for negotiations on a third bailout for Greece to begin.

After losing the support of a large chunk of his own party's lawmakers during a vote last week on a creditor-demanded austerity measures, Tsipras has to rely on support from pro-European opposition parties to pass measures.

Negotiations with creditors are expected to start soon after the vote.

THE ASSOCIATED PRESS

IN BRIEF

BlackBerry buying crisis alert messaging firm

BlackBerry Ltd. has signed a deal to buy California-based software company AtHoc, which develops emergency alert systems for government agencies, military bodies, and other organizations.

BlackBerry said the AtHoc platform will be integrated with its enterprise portfolio.

AtHoc helps organizations and people to connect and share information in times of crisis. Its clients include the U.S. departments of defence and homeland security.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Thursday, July 23, 2015

URBAN ETIQUETTE: ELLEN VANSTONE ON TIPPING

THE QUESTION

I'm from Australia and don't understand your tipping ways up here. In the interests of fitting in, what do I need to know about tipping in Canada?

Dear Ellen,

I'm from Australia and I don't understand your tipping ways up here. Maybe because our minimum wage Down Under is higher than it is here? Anyways, in the interests of fitting in, what do I need to know about tipping in Canada?

— Skippy

Dear Skippy-and-I-know-that's-not-your-real-name,

No doubt you have heard of the World Wide Web, where I have just learned that your native land's minimum wage is an ultra-civilized $17.29 per hour, and where you could just as easily find out that standard tipping practice in North America is 15 to 20 per cent for serving staff, taxi drivers (except Uber, which includes the tip in the price), hairdressers and the like. So you don't need me to tell you the amount you should leave.

However, since you seem to want some advice, and since I love giving it, why don't I lecture you on the custom of tipping and how to approach it with the proper attitude?

The first thing you need to know is that tipping is an arcane, wildly-open-to-abuse, anti-democratic custom. It's supposed to reward people who provide good service and punish people who do not.

But that cold plate of congealed pasta your server just inflicted on you may or may not have been said server's fault: Maybe the drunk bastard cook in the kitchen forgot about it for 20 minutes or the manipulative cow who "manages" the restaurant assigned too many servers to one section, and not enough to your section. Or maybe a selfish, irresponsible server called in sick for like the 10th time this month and your server is now working a double shift, even though she is exhausted and has an exam the next day...

Those few coins will make a difference to the person who relies on tips in a country where the minimum wage is universally disgraceful.

I'm speaking theoretically, of course, and am not referring in any way to the various subpar establishments at which I slaved during my student days.

The point is, workers should be paid properly and not expected to rely on the kindness of strangers.

That being said, and as long as the vile custom of tipping continues, and as long as you yourself are gainfully employed, I encourage you to tip generously.

There is nothing more cringe-making than the spectre of a fully grown, well paid adult sitting at a table in a nice restaurant, or hunched in the back of a cab, madly deducting the tax and working out a 15 per cent tip to the penny while the "servant" meekly awaits a dollop of largesse. Ugh, it's like being caught in a really boring time-warp episode of Downton Abbey. Just round up the amount to the nearest dollar! Or even the nearest multiple of five if you can afford it.

You will never miss the extra toonie or two, but those few coins actually will make a difference to a person who relies on tips in a country where the minimum wage is universally disgraceful (ranging from $10.20 in Saskatchewan to $12.50 in the Northwest Territories).

What's more, studies show that generosity makes you happier and healthier. It's a win-win, Skippy. Welcome to our stingy shores. And please do feel free to send me a cash tip for the excellent service I have just provided.

Need advice?
Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Howard's 'game' is narcissism, misogyny and delusion

Luke Howard, a self-styled pickup artist, stalks women in Ottawa's streets.

He calls himself a "Dr." and hypnotist who helps men with social anxiety talk to women in the daytime, without the aid of booze. He secretly records his attempts to get phone numbers on video.

In the wake of online backlash — via the hashtag #CorneredInOttawa, which women use to share stories about him on Twitter and Tumblr— Howard has taken the videos down and issued a limp mea culpa. He wrote, word for word, "I have started conversations with hundreds of women in public places and if as few felt uncomfortable then you are genuinely and truly sorry."

The media, as it must, has taken his man-hero routine somewhat seriously. And I'll grant that it's not wrong, on face, to help others improve their social skills.

But let's get this straight: Everything about Howard is wrong.

He's lied. He said 99.9 per cent of women like his advances. So far, 24 women have complained about the way he approached them on the street, say #CorneredInOttawa organizers. At least one has filed a police report. Layla, 33, didn't want to give her last name for fear she'd be trolled online.

"Giving a woman a compliment in the street is not harassment," Howard wrote. But Layla said Howard told her she looks like Tracy Chapman (she does not) and that he's "always had a thing for Tracy Chapman, I've always wanted to f—k Tracy Chapman" before he referenced jerking off.

Howard said he doesn't corner women, but Layla told me every time she took a step, he took a step. She felt trapped and afraid to get aggressive.

Howard is ineffective. Some women say they spoke nicely to him, hoping he'd go away. Layla made up a fake boyfriend. Some gave him their phone number so he'd leave them alone, and then never responded to calls or text messages.

He's making it harder for others to have non-creepy encounters. "He's the exact reason why women don't like being approached in the daytime, and might miss out on actually normal dudes," Layla told me. "My guard goes up just from a guy asking an innocuous question."

Finally, Howard said he's "always been about love and connection and bringing people closer together." But we all know picking up is just about sex, a highly unlikely outcome of his methods.

So, guys, do not take notes. Howard's "daygame" has no game, just narcissism, misogyny and delusion.

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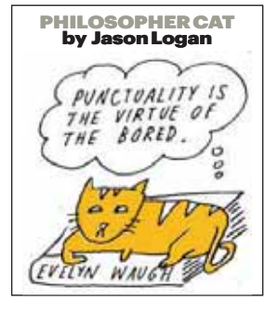

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metro LIFE

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Those social media icons of expression, Emoji, are the star of an upcoming film

Stitchin' tattoos

EMBROIDERY ON SKIN

Even grandma would approve of these tats

Emily Laurence
Metro in New York

Maybe it's because of Etsy. Maybe it's because of those NSFW cross stitch pillows taking over Pinterest. Whatever the reason, cross stitch tattoos are having a moment.

Eva Karabudak is a Turkish tattoo artist who has become world famous for mastering the trend. "I used to do cross stitch on canvas and cloth at home and decided to do tattoos out of it," she tells us, adding that she first tried it out on friends and then got hooked on it.

"It's an anchor back to a lot of people's childhoods. That's why I believe it gets noticed," she says. But before you decide to get one, Karabudak says you have to do your research. "Not all images or ideas can be applied to a cross stitch design. It all starts with a thought, and that should be carefully studied before going into design."

Nicole May, 38, is a tattoo artist at Tiki Town Tattoos in Calgary and says she definitely has seen cross stitch tattoos becoming increasingly popular. "I see a lot of subversive cross stitch on Etsy and I feel like it is something a lot of young people are picking up as a hobby. Cross stitch tattoos have become popular along with the general trend of cross stitch," she says.

If you want to get a cross stitch tattoo, her biggest tip is to find an artist who actually cross stitches as a hobby. "They'll have a better understanding of design layout and execution," May says.

Turkish tattoo artist Eva Karabudak is known worldwide for her cross stitch designs. CONTRIBUTED

3 CROSS STITCH INKED WEARERS

"I own a cross stitch business called Hatch605. I manage a modern makers gift store, so I am around makers all day. When people see my tattoo, I typically get reactions from older generations because it evokes a nostalgic feeling. To me, it's a way to help keep traditional art alive."

Name: Ashley Rieck
Age: 31
Occupation: Manager of Unglued in South Dakota

"A fellow tattoo artist and I wanted to figure out how to do a cross stitch tattoo. We are both very crafty with crocheting and cross stitching, so it just made sense. It's challenging to tattoo and we wanted to experiment, so I let her try it out on me!"

Name: Crystal Balser
Age: 35
Occupation: Owner of MOD Tattoo in Ottawa, a completely vegan studio

"I love to cross stitch. I have a small home business where I custom cross stitch family portraits. On all the portraits I include a red heart that floats over the family. It's my signature. People find my tattoo very unique. The most reoccurring compliment I get is how much it suits me."

Name: Brittany Wiebe
Age: 28
Occupation: Homemaker/ cross stitcher

GROOMING TRENDS

Hair: Grow it, flow it, flaxen, waxin'

While Ginnifer Goodwin and Kelly Ripa both recently unveiled boldly dyed locks, other women are broadening the boundaries with colourfully tinted hair above and below the belt.

Once Upon A Time star Goodwin showcased her grey pixie cut at Comic-Con International in San Diego, while talk show host Ripa revealed her bright blue bob on Instagram.

But there are a rainbow's worth of options for those seeking a less visible hair colour experiment.

Wax Hair Removal Bar offers bikini tints in hues like pink, green, red and orange. Keeping in step with the "something borrowed" bridal tradition, blue is a popular option during wedding season, noted founder Luba Sasowski. Sasowski said tinting is favoured by older clients not opting for full Brazilian waxes who are seeking grey coverage.

The company also offers a pair of sparkling post-wax options: the application of Swarovski crystals down below.

Some women are ditching their razors and eschewing waxing to let their body hair flow freely. Pop star Miley Cyrus has proudly flaunted her coloured armpits on social media. Girls star Jemima Kirke has also made headlines for flashing hairy underarms on the red carpet.

New York-based beauty historian Rachel Weingarten said for nearly every generation of women, beauty trends have evolved in part as a form of rebellion — and coloured body hair is no different.

"What seems so outrageous to us ... 'Oh my gosh, she has aqua underarm hair,' you have to understand that in the '70s someone having long hair and no make-up was as shocking and rebellious. It's our historical perspective that makes things just as interesting as they are," said Weingarten.

THE CANADIAN PRESS

Ginnifer Goodwin rocks icy coloured hair look.
GETTY IMAGES

FREE YOUR PITS MOVEMENT

Changing beauty standards

As leader of the Free Your Pits movement, Roxie Hunt has become a vocal advocate for women to be empowered in their grooming choices, and to not feel pressured to adhere to particular beauty standards — regardless of whether or not they shave.

Having become tired of shaving — a process she admits she never liked — Hunt said she decided five years ago to grow out her underarm hair after having kids.

Hunt has not only embraced her growth, but has coloured her own pits pink. The hair colourist does the same for the underarms of clients at Seattle-based salon Vain, which charges $65 US for the service.

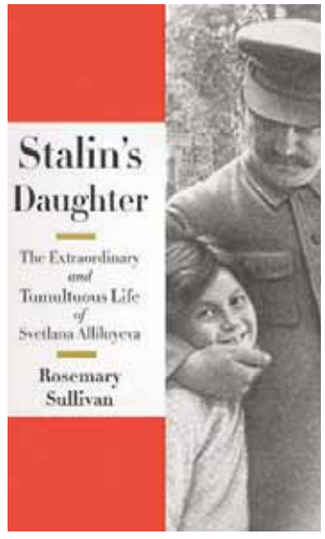
"For me, freedom is about grabbing onto those things and expressing them and having fun with them and not worrying about judgment from others," said Hunt, DIY hair and style blogger at How-to Hair Girl.

THE CANADIAN PRESS

5 BIOGRAPHIES & MEMOIRS TO READ THIS SUMMER

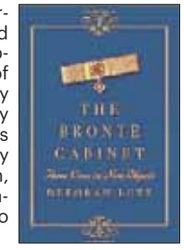
This fall promises to be rich in memoirs and biographies, with titles forthcoming from musicians Elvis Costello, Carrie Brownstein and Patti Smith, actress Drew Barrymore and Canadian sports figures Clara Hughes and Colleen Jones. But if waiting for the leaves to turn doesn't appeal, here are five new books out this summer to tide you over. SUE CARTER/METRO

History



When it comes to research, no one can accuse Toronto author **Rosemary Sullivan** of being a slacker. The Governor General's Literary Award winner travelled around the world, interviewing personal contacts and studying government documents to create her in-depth portrait of Svetlana Alliluyeva (known later as Lana Peters), the only daughter of Russian dictator Joseph Stalin. In **Stalin's Daughter: The Extraordinary and Tumultuous Life of Svetlana Alliluyeva**, we learn that Alliluyeva's complex relationship with her father was just one of the driving forces behind a volatile life filled with political upheaval and troubled relationships.

Literature



The Brontë sisters have inspired numerous biographies, but American writer and historian **Deborah Lutz** takes a unique approach by selecting nine artifacts out of hundreds left behind by Charlotte, Emily and Anne, including mourning jewelry containing snippets of hair and a brass dog collar. Given that Lutz has previously dedicated books to Victorian eroticism, gothic villains and relics of death in literature, **The Brontë Cabinet** is guaranteed to be a fascinating read.

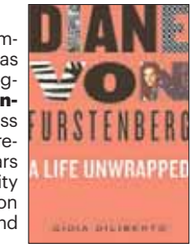
Sports

New Yorker enthusiasts will appreciate **William Finnegan's** perspective on riding the waves. A 30-year contributor to the magazine, Finnegan has been surfing for even longer, since arriving in California from Hawaii at the age of 13 during the 1960s heyday of LSD-glazed beach-bum culture. Part international travelogue, part personal investigation into the nature of obsession, **Barbarian Days: A Surfing Life** will appeal even to those who prefer keeping their feet on dry land.

Music

Is there anything more to say about Bob Dylan that hasn't been written in Rolling Stone? Guitarist and music historian **Elijah Wald** believes there is, having recently authored **Dylan Goes Electric!: Newport, Seeger, Dylan and the Night that Split the Sixties.** For his biography of the gravel-voiced troubadour, Wald focuses on the moment at the 1965 Newport Folk Festival when Dylan transformed from a political acoustic-folk hero into a bona fide rock star backed by an electric band.

Fashion



Diane von Furstenberg's name is synonymous with her signature wrap dress, but as Gioia Diliberto describes in the new biography, **Diane von Furstenberg: A Life Unwrapped,** the jet-setting former princess is also a feminist icon and savvy entrepreneur who's weathered more than 40 years in a tough business (and a terrible reality show). Bonus: salacious details about von Furstenberg's affairs with Warren Beatty and Richard Gere.

CELEBRITY COOKBOOK

Celebutante cooks up new book

After teaching girls how to master beach-tousled, California waves, winged eyeliner and the at-home manicure, celebutante Lauren Conrad will be teaching her legions of fans how to host dinner parties and cook crowd-pleasing recipes with a new cookbook.

Though details are sparse, it seems the book, Lauren Conrad Celebrate, will be published by HarperCollins and published April 5, 2016.

Conrad, best known for her appearances on the U.S. reality series The Hills and Laguna Beach, parlayed her fame into a highly successful lifestyle brand that includes the publication of eight books — six fictionalized novels based on her life as a reality TV star and two style guides — as well as a dominant presence on social media.

On Instagram, Conrad boasts 4.3 million followers and on Pinterest she has amassed more than 972,600 followers.

Judging by recipes featured in the "dine" section of her website, the cookbook could be a mix of healthy, silhouette-conscious dishes as well as more decadent recipes for entertaining.

Current recipes on the site include jalapeno poppers and chimichurri skirt steak, cold buckwheat soba noodle salad, spicy quinoa and cinnamon sugar churro cake.

Meanwhile, Conrad's BFF Lo Bosworth has also spun off her reality TV stardom into an albeit lesser-known beauty and lifestyle brand called The LoDown that includes beauty, fashion and food guides.

For more street cred, however, Bosworth enrolled in a farm-to-table cooking program at the International Culinary Center in New York in 2013 as part of a bigger plan to direct the food content of The Revelry House, a party planning site.

Other former reality TV stars to get their own cookbooks include Kris Jenner, the Kardashian family matriarch and New York Real Housewife Teresa Guidice.

AFP

Lauren Conrad will release her new book, Lauren Conrad Celebrate, in April 2016.

GETTY IMAGES

Legend's descendants reissue big-game tale

GREEN HILLS OF AFRICA

Hemingway's family urges fresh look at primal thriller

Eighty years after the release of Green Hills of Africa, the son and grandson of Ernest Hemingway are urging a fresh look at a work critics have often set aside.

Published in 1935, Green Hills of Africa was Hemingway's account of a hunting safari on the Serengeti Plains, a chronicle of adventure and a literary challenge Hemingway set up for himself. Anticipating by decades Truman Capote's "non-fiction novel," the classic In Cold Blood, Hemingway wanted to prove that "an absolutely true book" can "compete with a work of the imagination."

The new edition is part of a series authorized by the Hemingway estate that already includes reissues of A Moveable Feast, The Sun Also Rises and A Farewell to Arms. Grandson Sean Hemingway contributes an introduction, while son Patrick Hemingway, a boy at the time his parents were in Africa, shares personal memories. The book also includes photographs, early drafts of the finished narrative and a diary kept by the author's then wife, Pauline Pfeiffer.

"She's not a person who's well known, so it's wonderful to have a sustained piece of writing by her," Sean Hemingway said recently of his grandmother, the second of Ernest Hemingway's four wives. "It's also a wonderful complement to my grandfather's work."

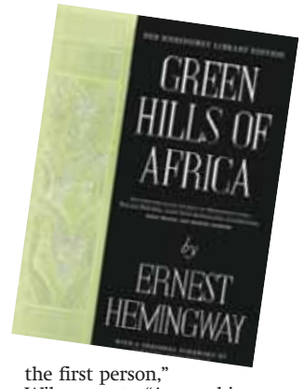
As Pfeiffer's diaries reveal, Green Hills of Africa was not entirely factual. The author rearranged some chronology and minimized a bout of dysentery so severe that he had to be flown out of the area. Pfeiffer's journal also describes a near-tragedy — the author's rifle fell off a car and fired — that inspired Hemingway's classic short story The Short Happy Life of Francis Macomber, in which the title character is killed by a sudden blast from his wife's gun.

In the decade before Green Hills of Africa, the story collection In Our Time and the novels The Sun Also Rises and A Farewell to Arms had made Hemingway one of the world's most famous authors. Critics have viewed Green Hills of Africa, written while he was in his mid-30s, as an early sign of his legend overtaking his work. Edmund Wilson, who had been a leading champion of Hemingway, despaired that the author in his non-fiction persona had become a bloated parody, Ernest Hemingway, the Old Master of Key West.

"Something dreadful seems to happen to Hemingway as soon as he begins to write in the first person," Wilson wrote. "Among his creations, he is certainly his own worst-drawn character, and he is his own worst commentator. His very prose style goes to pot."

More recently, Green Hills of Africa has been criticized for its detailed catalogue of animal slaughter and for its reduction of Africa and Africans to backdrops for the author's personal experiences.

THE ASSOCIATED PRESS



Author Ernest Hemingway and his wife Pauline Pfeiffer arrive in New York aboard an ocean liner in 1934, following a three-month vacation in eastern Africa hunting lions. AP/FILE PHOTO

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Contour with the tears of a clown

BEAUTY

New clown-face inspired makeup trend goes viral

First came contouring, then came strobing, and now the clowns have arrived.

"Clown contouring" is the latest trend to take off in the beauty world, and though it might sound like a joke, it is a pretty effective makeup technique.

The phenomenon started earlier in the summer when beauty blogger BellaDeLune posted a video to YouTube showing how an extreme-looking theatrical clown base of makeup could be blended into a subtly contoured look.

Beauty lovers everywhere have since pounced on the idea and women all over the world are now testing it out and showing off the results on Instagram.

The process requires setting out triangular panels with 'teardrops' under the eyes, before adding a bold circle of bright pink blush and crudely over exaggerating the lip area.

Clown contouring sees classic highlighting and contouring techniques used on the nose and forehead.

The fun has rolled over onto Instagram, where women have been posting videos and pictures of their own attempts — some serious and others less so.

But BellaDeLune has started something, and several tutorials have cropped up on YouTube ever since her original post, including a step-by-step serious instruction film by SmashinBeauty and one by makeup artist Wayne Goss demonstrating the effect on men. Bustle has also posted a hilarious video of its editors trying out the look on themselves. AFP

KEEPING THINGS TONGUE IN CHEEK

Wackier touches include recreating a poop emoji on your face and then blending it away

A before-and-after look from the Clown Color Correct Highlight & Contour video. YOUTUBE

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ROMANCE

Jonas deflects dating rumours

IN HOLLYWOOD

Ned Ehrbar

Nick Jonas is getting pretty good at deflecting dating rumours — but then given his romantic history, that's not surprising.

The latest speculation hounding the former Disney star? That he's spending time with Selena Gomez. When pressed on the subject during an interview with London's Capital FM, Jonas sets the record straight: "We kind of ran into each other a couple of weeks ago, like walking in Venice," he says. "We were both with separate groups of friends and we ran into each other."

Seems innocent enough. Anything else, Nick? "I put a dinner together with a bunch of really great people, like the Haim girls, who I love. They're awesome. They're the best," Jonas says.

"It was a big group of people and we all had a great time. We connect in that sense. It was nice to connect and just catch up. I'll leave it there." Oh my God, guys. Nick Jonas is dating all of his friends at once!

metroGOSSIP MUST READ

Theron denies she's set to star in Fifty Shades sequel, Fifty Shades Darker. ALL PHOTOS GETTY IMAGES

Theron's red carpet domination

MOVIES

Rumours have Theron cracking the whip in a Fifty Shades sequel

So apparently there's been a pretty persistent rumour that Oscar-winner Charlize Theron is going to star in the Fifty Shades of Grey sequel, Fifty Shades Darker, as Christian Grey's former lover who first schooled him in the kinky arts.

Ridiculous? Well, Theron herself certainly seems to think so. "I hadn't heard that one. Wow, I'm just learning so much about myself on this carpet tonight," she told E! News at the Dark Places premiere this week.

Even if she were involved, she'd apparently be more interested in replacing Jamie Dornan, anyway. "I'm going to play the kinky guy with the room," she joked. "I need to stretch. I need to find something outside the box."

OK, fine, but speaking of sequels, how about a Mad Max: Fury Road followup?

"Nobody has come to tell me anything. I haven't been in town, so I don't know what's going on. There's a lot of talk about it. I don't know if it's real," she said. "Look, I would be honoured to be asked back, but I have no idea what's going to happen."

NED EHRBAR/FOR METRO

ROMANCE

Swank's love game

There's some joke in here about always fraternizing with the help. Oscar-winner Hilary Swank — who previously dated her talent agent — has reportedly now taken up with her "hunky" tennis coach, Ruben Torres.

"When he first asked her out, she was lukewarm, but after a couple of dates things just got hotter and hotter," a source tells Life & Style. "It's really hard for them to keep it a secret."

Not that they haven't been trying, mind you, as the source says that over the course of their three months together they've been "staying away from PDA and only holding hands under the table."

Well, so much for that.

NED EHRBAR/FOR METRO

LOVE AND SEXISM IN HOLLYWOOD

Thompson's sexism update

She may be an Oscar-winning screenwriter, but actress Emma Thompson is keeping her language simple — and salty — when it comes to Hollywood sexism.

"I am not impressed at all. I think it's still completely s—, actually," she tells the Radio Times. "When I was younger, I really did think we were on our way to a better world, and when I look at it now, it is in a worse state than I have known it — particularly for women — and I find that very disturbing and sad. I don't think there's any appreciable improvement and I think that, for women, the question of how they are supposed to look is worse than it was even when I was young." NED EHRBAR/FOR METRO

Shelton and Lambert make divorce Twitter-official

In these plugged-in modern times, how do you really know a celebrity couple's marriage is over? It's not the joint statement announcing a divorce.

No, it's how they interact with each other on social media. And if that's any indication, then Blake Shelton and Miranda Lambert are really, truly over. Lambert swapped out a red carpet photo of the pair on her Twitter profile in favour of one promoting her current tour, while Shelton replaced his background image — Lambert's Marie Clare cover — with one of him performing. There's no turning back now.

NED EHRBAR/FOR METRO

Miranda Lambert and Blake Shelton are really, truly done.

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What they're a$king

New condos that aren't in pre-construction and are ready to move in are perfect for buyers who don't want to purchase from plans and wait three years for completion. Metro looks at two-bedroom suites in newer condominium buildings in central locations.

Duncan McAllister FOR METRO

$745,000

Ottawa

This bright, spacious suite at the Claridge Plaza condos is located near the Byward Market in the heart of downtown. The unit has a 750-sq.-ft., professionally landscaped terrace complete with gazebo and computerized watering system. Listing agent David Bournes says it's like a garden in the sky. The suite has plenty of windows and a spacious master retreat with private ensuite and balcony. Bournes is a sales representative with Royal LePage Team Realty, 613-725-1171.

$379,900

Edmonton

Here's a nice looking building by a reputable builder, in the Alta Vista condominiums. The foyer has a cozy sitting area with box ceiling features and stone and tile accents. The unit is finished with hardwood, tile and granite countertops. The U-shaped kitchen has stainless appliances, tiled back splash, and an extended breakfast bar. One bedroom has direct access to a patio, the other with a four-piece ensuite. Ryan P. Dutka is a sales representative with Re/Max River City. 780-988-0001.

$259,900

Halifax

This suite is for sale at The Tides of Bedford condominiums. While not right in Halifax, this two-bedroom, two-bathroom condo resides in the heart of Bedford. It has a bright, spacious floor plan with southern exposure and views of the Bedford Basin. The building offers underground parking, a fitness centre, sauna, outdoor pool, guest suite, library and a common room. Condo fees include heat, hot water, parking and storage. Listing agent is Ernie Buote with Domus Realty, 902-499-3041.

$224,900

Winnipeg

For sale is a three-year-old condo at a great price in the Crestview neighbourhood. The unit features in-suite laundry and a luxury kitchen with all the appliances included. There's also a low-maintenance yard and private balcony. Included are all blinds, washer, dryer, dishwasher, refrigerator, stove, and a parking pad. The building is located close to shopping, restaurants and bus service. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-318-6794.

$649,900

Toronto

This spacious suite in the Bohemian Embassy condos boasts 1,165 sq. ft. of space and a 100-sq.-ft. terrace with southern exposure. With transit at the doorstep, the building offers a roster of amenities including visitor parking, concierge service, a gym, media room, two party rooms, a rooftop barbecue area, arts and crafts room, bicycle storage and steam rooms. Appliances, parking and locker are all included. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.

OUR CITY

$628,800

Calgary

This northwest corner suite at 433 - 11 Ave. SE is located in the Arriva Towers in the historic Victoria Park community. The unit features an open floor plan with city skyline views, two balconies, two bathrooms, two parking stalls and a separate storage locker. The spacious kitchen has stainless Miele appliances and an open living and dining room. The building is close to shopping, restaurants and the river path system. Kelly P. Burke is a sales representative for Re/Max House of Real Estate, 403-287-3880.

$539,000

Vancouver

This 715-sq.-ft. suite is ready to move in at The Mark condominiums, conveniently located near the Seawall and Yaletown's popular shopping, dining and entertainment options. The unit includes in-suite laundry and one parking space. The building is newly completed, featuring an open-concept living and dining area, engineered oak hardwood floors, granite countertops, stainless steel appliances and concierge service. Listing agent is Jimmy H. Cheung with Sutton Group West Coast Realty, 604-612-9230.

TIPS

Beating the heat without AC

As summer temperatures — and utility bills — rise, there are some easy ways to keep cool that are cheaper and greener than air conditioning.

Cooling curtains

Pull down shades or draw curtains on windows facing south, east and west during the day, says Con Edison, which provides power to New York City. About 40 per cent of unwanted heat comes in through the windows. Even if air conditioning is needed later in the day, drawing the curtains earlier means you can use less of it.

The Haiku ceiling fan by Big Ass Fans is recognized by Energy Star as the top-ranked fan in energy efficiency. THE ASSOCIATED PRESS

Get in the flow

When temperatures fall below 21 C, the Natural Resources Defence Council recommends turning off the air conditioner and opening the windows instead.

Abigail Daken, cooling products manager for Washington, D.C.-based Energy Star says in climates with low to moderate humidity, where it's cold in the evening, a "whole-house" fan to help draw cool air in through windows and force hot air out through upstairs vents is helpful. Energy Star is an Environmental Protection Agency program that helps people save money and protect the climate through energy efficiency.

"A cheaper version is to open the windows and use the bathroom fan for exhaust, especially if there's no cross breeze," she said.

Light smart

Use energy-saving LED bulbs inside ceiling fans. They use five times less energy than incandescents and don't give off as much heat, says Meg Watner, of the Natural Resources Defence Council.

Turn on appliances at night

Reduce the use of household appliances when temperatures climb. Summer is a great time to opt for outdoor grilling and foods that don't require cooking. Washers, dryers and dishwashers should be used at night, when temperatures are cooler, Con Edison says.

THE ASSOCIATED PRESS

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Karl Lohnes

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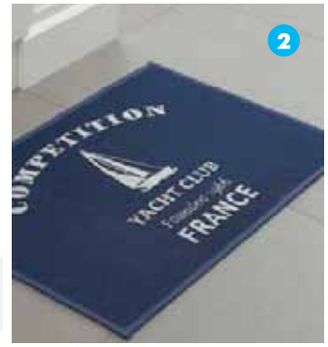
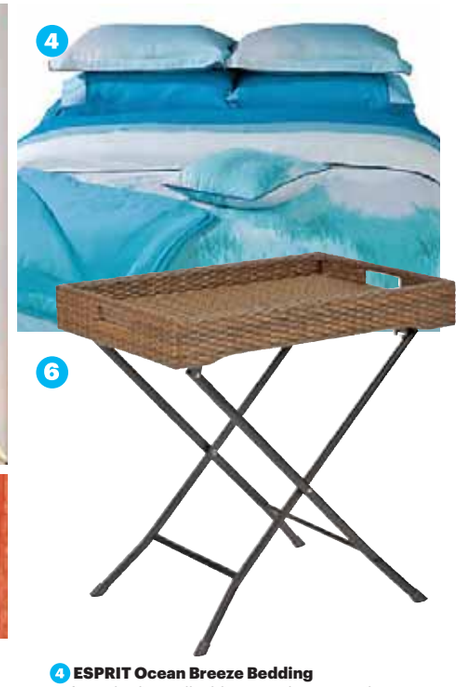
Within two months summer will be gone. Alberta may see snow flurries in the air, Nova Scotia will say goodbye to the sun and the rest of us will be dry cleaning our winter jackets in preparation for the long winter ahead. Why not make the inside of your home a celebration of summer that lasts all year long? Perhaps a guest or bath room could hold the theme of summer (without affecting the rest of your decor); or you choose to decorate like the Golden Girls and explode the tropics everywhere — a great decorating scheme to grow into retirement!





1 Summer Breeze Room Diffuser
Keep the ocean breeze in your home throughout the year with a natural room diffuser — made in beach-clad Australia. $18, Simons.ca

2 Yacht Club Rug
Welcome your sailor out of the shower with a reminder of summer fun on the water. $19, Simons.ca

3 Bruce Brown Films Endless Summer 50th Anniversary Edition Poster
Celebrate with on-trend colours from the beach. $40, UrbanOutfitters.com

4 ESPRIT Ocean Breeze Bedding
Soft washed metallic blues overlap to emulate the ocean wash. From $40, TheBay.com

5 Hand Woven Silky Aurora Pink Wool/Silk Kilim
Watch the colours of the summer sun as it sets underfoot. 6'x9', $384, ECarpetGallery.com

6 Stratford Wicker Butler Tray
From a serving tray on the balcony to a towel stand in the bath this butler works year round. $130, BedBathAndBeyond.ca

METRO SPACES

Increasing the value of a home

You can dramatically upgrade the feel of your home and potentially earn you a lot more when you put it up for sale. Make it neutral and make moving in as easy as possible for the new buyers, says Velvet Matheson, lead designer at Pinnacle Group of Companies, a Calgary-based home renovator.

SHUTTERSTOCK

PAINT

It might seem like a good idea to use rich, vibrant hues, but resist the urge and keep the colours muted, Matheson says.

"Colour is very subjective. When others see bold colours that would not work for them they see another project."

Paint is also important for touching up scratches. Make sure you fill in any holes or dents in your walls, baseboards and casings.

INVEST IN YOUR KITCHEN

"Kitchens are one of the biggest value-added areas in your home. It can make or break a sale," Matheson says. "If you do not have time or money to complete this, I'd work with a designer that can provide some 3Ds, plans and pricing so that it takes some questions out for the prospective owner."

WINDOW COVERINGS

Bring your home into the 21st century. This adjustment can give your house the update you didn't know it needed.

"Get rid of those old Venetian blinds," Matheson says. "It will make those windows much more appealing to people coming through the house. Although you may love your floral printed valances or the colour green, others may see this as more to-dos when they first move in."

BATHROOMS

Updating details like towel bars, the tissue holder, the faucet and the light are a less expensive alternative to a full renovation, Matheson says.

– Stephanie Orford

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LIVING THE SUITE LIFE

The shift to a car-less lifestyle is accelerating. Some urbanites are opting to live without the financial cost associated with vehicle ownership and are looking for homes that will enable that.

Park Point, a new condo development by Qualex-Landmark™ in Calgary's Beltline, is offering an alternative for those who are rethinking car ownership.

"Some of our key buyers are looking for a life where they can walk everywhere they need to, or use a bike or car-share program to get around," said Parham Mahboubi, vice-president of planning and marketing for Qualex-Landmark.

Park Point's one-bedroom suite Plan 04 is geared toward buyers who are looking for the perfect jumping off point to work, live and play downtown — without a car. This floor plan doesn't include a parking stall.

"Parking stalls are costly to build, so for those who don't need them, we're passing the savings onto these homebuyers," Mahboubi said.

The top price for a 502-square-foot, Plan 04 home is $279,000 on the 31st floor. On the seventh floor, it's an even better deal at $258,000.

Park Point features 289 homes with 28 different floor plans to choose from, including one- and two-bedroom condos with dens or flex spaces, street-level live-work townhomes, and a limited selection of sub-penthouse, penthouse condos, and larger three bedrooms.

The interiors at Park Point Plan 04 homes are a beautiful example of the interior design across the development's various suites, with expansive windows that let in the impressive panoramas of downtown Calgary and a view of Central Memorial Park across the street.

The homes come in three distinctive designer colour palettes for buyers to choose from — dawn, noon, or dusk.

CONTRIBUTED

Sophisticated design details include recessed pot lights in the kitchen and bathrooms, and approximate nine-foot ceilings in living areas.

The Italian-inspired kitchen is the perfect hub in your home for casual hosting so you can cook while you have a glass of wine and chat with your guests at the same time. The real granite slab countertops and backsplash lends European polish, and the LED backlit open display shelving adds a design element that set homes at Park Point apart from the average Calgary condo.

The fully integrated upscale AEG and Liebherr kitchen appliance package with gas cooktop from Germany is perfect for home chefs who love to experiment.

The inviting bathrooms feature Italian Armony Cucine cabinetry, marble countertops, polished-chrome tap fixtures and accessories, sleek under-mount sinks, and porcelain tile backsplash and flooring.

Visit the Park Point discovery centre at 301 11th Ave. S.W., one block north of Central Memorial Park (corner of 11th Avenue and 2nd Street S.W.). The centre is open daily from noon to 5 p.m., but is closed Fridays.

For more information, call 403-244-2425 or visit qualex.ca/parkpoint.

FEED YOUR SOUL

You know a development is a cut above the rest when it has amenities that feed the soul.

"Once the needs for a beautiful, comfortable home and a prime location are fulfilled, you want to be able to fulfil those important extras — exercise, entertainment, relaxation," said Parham Mahboubi, vice-president of planning and marketing for Qualex-Landmark™. "A great home development provides services and spaces that improve everyday lives. Park Point's amenity spaces have been designed do that."

The amenities at Park Point offer places for residents to work, play, exercise and even meditate. Work out in the fully equipped gym with state-of-the-art equipment, or take advantage of the yoga studio, steam room and infrared sauna with showers. Find your centre next to the bubbling water feature in the Zen Terrace, overlooked by Park Point's Plan 04 homes.

The building's social lounge club with kitchen and fireplace gives residents a space to hold gatherings with friends.

Strategically placed for walking

There is something to be said about a home location where all the essential places you need are within walking distance. At Park Point, a new collection of homes in downtown Calgary across from the five-acre, historic Central Memorial Park, residents won't need to own a car to get everything they need.

The residential condo tower is the latest addition to the Qualex-Landmark™ group's portfolio in the highly sought after Beltline community in downtown Calgary.

"You don't need to leave the neighbourhood to find everything you want and need," said Parham Mahboubi, vice-president of planning and marketing for Qualex-Landmark.

Located on the former CIBC Operations Centre site at 12th Avenue and 2nd Street S.W., Park Point was placed strategically to allow buyers walking distance access to all the essentials — grocery stores, fashion and lifestyle shops, cafés, gourmet dining, art galleries, parks, athletic stores, hair salons, and medical services.

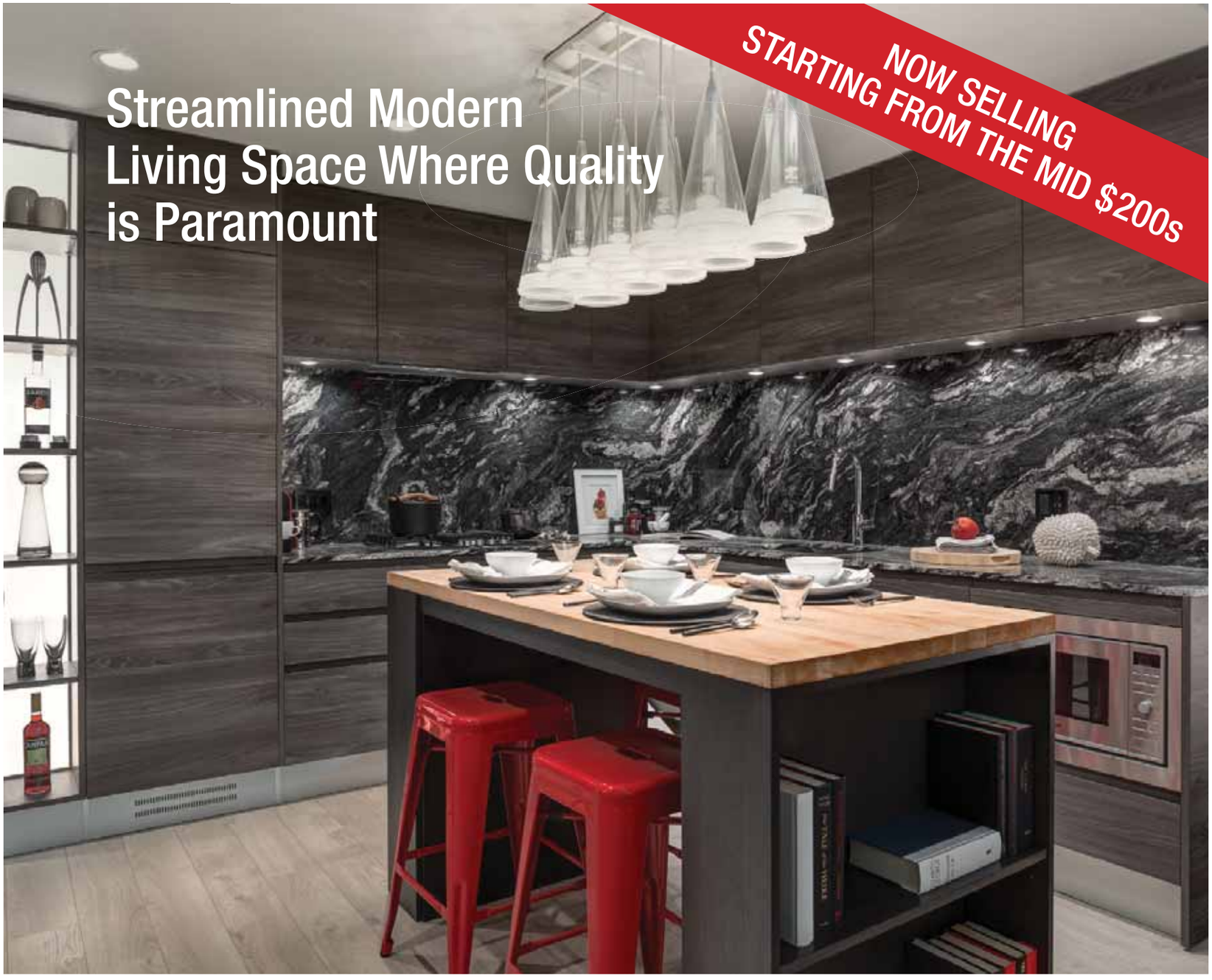
CONTRIBUTED

The Beltline community hosts many of Calgary's culinary and fashion gems, including Understudy menswear boutique, Taste kitchen and lounge, Taiko Taco, shoe shop Gravity Pope, and Boxwood Café. All are a short walk from home.

"Park Point makes living car-free possible," said Mohammed Esfahani, president of Qualex-Landmark. "The collection of condos has an outstanding walk score rating, which classifies this location as a 'walker's paradise.'"

Park Point residents are also steps to local paths, bike routes, transit, Car2Go and the nearby Plus 15 Skywalk, which conveniently takes you under cover to many destinations around downtown Calgary.

For homebuyers who do need parking, Park Point offers a wide selection of suites that come with parking spots.



PARK POINT

European in style with Calgary in mind, each home offers distinct details such as real granite countertops and full slab backsplash in your premium Italian Armony Cucine kitchen. The integrated kitchen cabinetry, appliances and hardware make your work, dining and living space one harmonious experience. These interiors are the ultimate in everyday elegance.

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Not intended to solicit currently listed properties or buyers under contract.

CONTRIBUTED

Real estate watchers get summer surprise

Interest rate cut will impact mortgages

The recent Bank of Canada interest rate cut is big, but not surprising based on recent economic news, said ComFree Commonsense Network brokerage's associate broker Scott Bollinger.

Citing concerns about Canada's contracting economy, the bank cut its benchmark rate by a quarter percentage point July 15.

"It's big news because Canadian home sellers and buyers have been waiting since 2010 for the Bank of Canada to hike its benchmark rate, not cut it," Bollinger said. "Never in modern history have we seen rates so low for so long, and this move assures that they will stay low for even longer."

Canada's central bank also cut its benchmark rate in February.

"That benchmark rate is more or less linked to the prime rate, which informs the mortgage percentage you or I would negotiate at the bank," Bollinger said. "I'd be shocked if we didn't see at least slightly cheaper mortgages as a result."

Lower mortgage rates mean buyers can pay more for properties using bigger mortgages that are relatively easy to service. But that doesn't necessarily mean that lower rates will trigger a summer stampede into the market.

"Buyers do respond to mortgage rates, there's no question," he said. "But other factors like jobs, wages, confidence, prices and inventory will be much more in play."

Bollinger said the most recent bank rate cut will likely reignite the debate over whether Albertans are carrying too much household debt.

"Albertans' average household debt is the highest in the nation. But we also lead the nation in average earnings by a huge margin. Our ability to service those debts is much higher than anywhere else in the country."

Whatever the debate over household debt, and wherever retail bank mortgage rates end up, Bollinger said ComFree Commonsense Network brokerage's advice is not to get too wrapped up in interest rate chatter.

"We say to our customers, 'Ask yourself deeper questions about your desire to get into the market. Do I want a different home? Is there good inventory in the neighbourhoods I like? Is my job insulated from oil price volatility?'" Bollinger said.

"Those are much better questions than, 'Should I hurry into the market because the interest rate just dropped?'"

FOCUS ON A CLEAR PICTURE

When you are looking to buy a home, the last thing you want to do is make an ill-informed decision.

"There's a lot of information out there, and it can be a challenge to sift out the relevant details to get a clear picture of the market," says Shawn Riley Re/Max House of Real Estate.

His website provides resources for Calgary homebuyers and sellers. Its advanced search options allow visitors to view listings on the MLS® with ease, learn up-to-date homebuying and selling tips on the blog, and information that is crucial to the process.

"My main motivation is to help individuals who weren't sure where to start, but who wanted to learn more," Riley says.

With more than 5,000 listings in the city, starting at $123,000, there is something on the website for every taste and budget.

"The more you know about the current market, and how buying a home works, the better able you'll be to jump on the right opportunity when it comes up," he says, adding that he asks every client he works with to give him a wish list of features they are looking for so he can help them focus their search.

"Ultimately, my job is to ensure that my clients' homes are listed and sold in a reasonable amount time for top dollar. It's awesome to see that journey come to fruition."

For more, visit shawnriley.org.

SHUTTERSTOCK

CONTRIBUTED

Find a spectacular oasis with help from CottageClub

The perfect lakeside getaway is just 35 minutes west of Calgary. Sandy beaches, mountain views, boat launch and abundant amenities — CottageClub is a spectacular, year-round oasis for urban Calgarians looking for a place to escape from it all.

The recreational, eco-conscious community, master planned by Lamont Land, sits on scenic Ghost Lake. There are lots and cottages to suit almost every lifestyle and budget.

"Choose the lot perfectly suited to you," says Don Stengler, project manager of CottageClub. "Once you're ready to build, choose from a preferred builder group to build the cottage of your dreams."

Homebuilder Cenova recently opened its new cottage showpiece at the privately gated resort. Designed with modern alpine features, 16-foot sloped ceilings, a versatile kitchen with stainless designer appliance package, authentic wood burning fireplace and new home warranty — it's a must see. Cenova Homes is an award-winning builder that offers affordable prices and customizable options.

This summer, the new residents' recreation centre brings additional recreational opportunities.

Join Cenova Homes at CottageClub this weekend for its grand opening wine and cheese reception. CottageClub is located on Highway 1A and Range Road 60. For more, visit cottageclub.ca or call 403-214-0292.

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Grass is greener with Attainable Homes

In many ways, Calgary typifies a city that walks the "living green" talk. From curbside separation of waste and recyclables to rain barrels and composters available at cost, evidence of Calgary's commitment to sustainable communities abound.

If our fair city weren't already the envy of many, it has pushed the eco-envelope even further by offering entry-level home ownership that also promotes sustainable lifestyle choices.

Many of the new developments offered by city-owned Attainable Homes come standard with EnergyStar™ appliances and Built Green™ certification. This equates to homes that are made with smarter designs and better materials, and that also cost less for homeowners to manage.

"At Attainable Homes, we're firm believers in environmental initiatives, but they also have to make economic sense," says Tara Cooney, sales and marketing manager for the non-profit. "The builders we work with, like Partners Development Group, give us the best of both worlds. They've shown us that good design and smart building choices don't have to cost more. And who benefits from better homes in greener communities? Our customers, our neighbours, and our city as a whole."

CONTRIBUTED

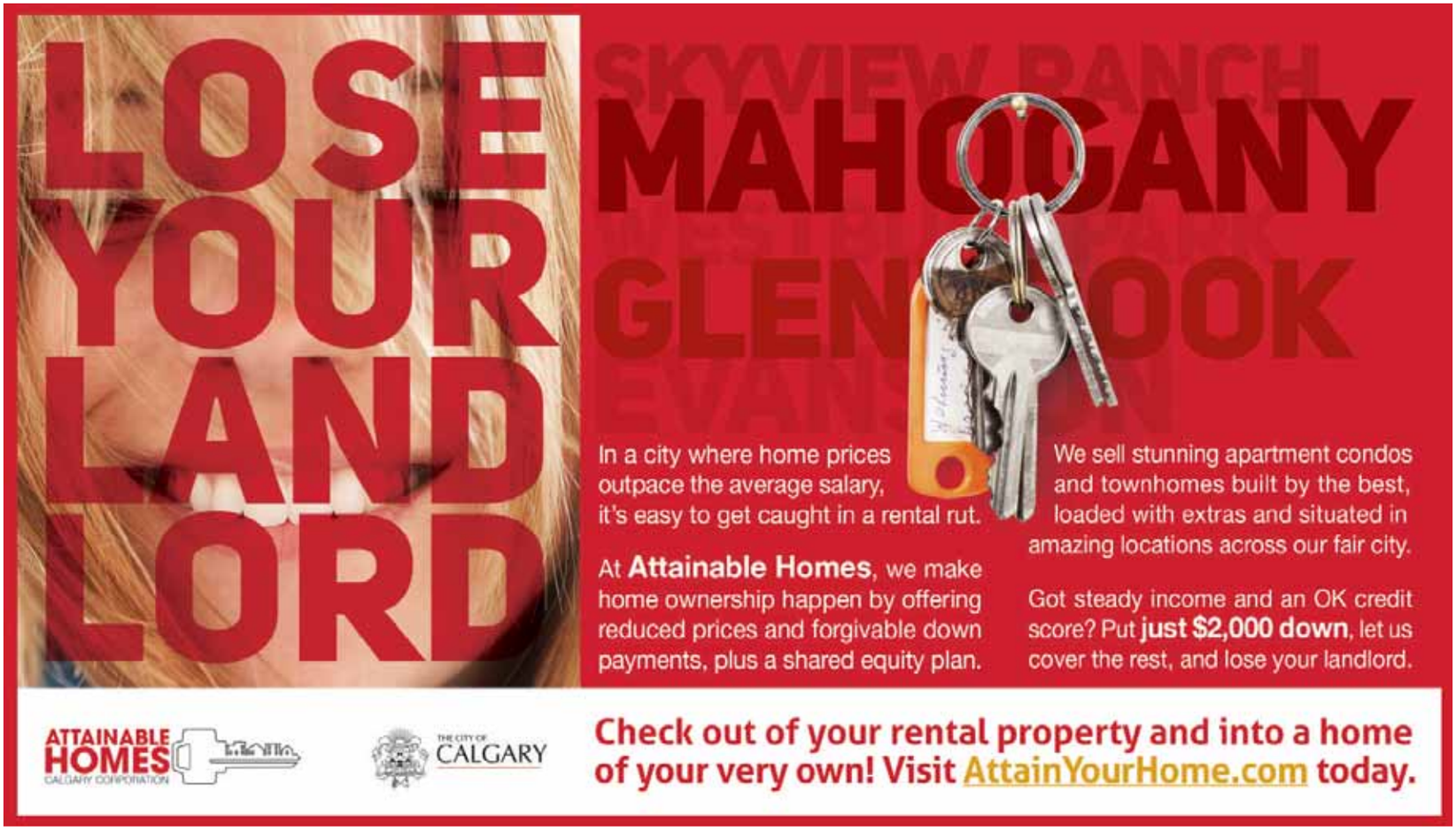
Since 2009, this unique non-profit has provided attainable ownership opportunities for Calgarians who find themselves caught between pricey rentals and ever escalating home prices. Attainable Homes works with local developers and mortgage specialists to provide gifted down payments and preferred pricing to renters who qualify for the program. The company's commitment to creating ownership opportunities that also align with the city's sustainable living mandate can be seen in its stunning two- and three-bedroom townhomes in The Arbors at Skyview Ranch and Arrive at Evanston.

"Building a green community that promotes sustainable lifestyle choices is not just talk, it's how we prefer to do business," Cooney says. "It's about the big things like how a home is constructed. But it also comes down to smart planning and strategic alliances, which result in outcomes like curbside black and blue bins instead of a nasty garbage chute or dumpsters in the parking lot. Some of our Evanston units even come with garden plots. These aren't your run-of-the-mill starter homes.

"Of course, our mandate is to help middle-income families into home ownership, but if we can find new, resourceful ways to build sustainable homes — and promote more eco-friendly choices within those homes — then so much the better."

Cooney estimates an average mortgage payment of about $1,400 for one of their townhomes, a compelling figure considering what Calgary renters pay each month.

The Arbors in Skyview Ranch, Arrive at Evanston, and other beautiful, sustainable, and attainable homes can be viewed at AttainYourHome.com.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HBO says it has struck a multi-year, multi-platform deal with former Grantland boss Bill Simmons

De Grasse blasts 100-metre final

PAN AM 2015

Markham track star wins sprint in 10.05

Canadian sprint phenom Andre De Grasse capped another big day for Canada's track and field team with a victory in the men's 100 metres Wednesday at the Pan American Games.

The 20-year-old from Markham crossed in 10.05 seconds, narrowly beating Ramon Gittens Barbados, who finished in 10.07.

"Somehow, I just managed to pull off the win," De Grasse said. "I had no pressure, my family and friends told me that no matter what happens, they are still proud of me. It has been a long season, and to do this, it is a wonderful feeling right now."

Earlier in the night, Canada's Melissa Bishop won gold in the women's 800 metres. The 26-year-old from Eganville, Ont., ran to victory in one minute 59.62 seconds.

"I knew the crowd was going to be loud no matter what, so I was just trying to put myself in a good position to be able to run in and let the crowd do its work, and let the training come through," Bishop said. "I'm really happy it worked out. It's so nice to win a gold medal at home."

Damian Warner
GETTY IMAGES FILE

Whitney McClintock
THE CANADIAN PRESS

Toronto's Sarah Wells added a silver in the women's 400 hurdles.

Canada has 13 medals in athletics through two full days of competition and leads all countries with seven gold.

Also Wednesday, Canadian decathlete Damian Warner put himself on pace to break Michael Smith's Canadian record that has stood for 19 years.

The 25-year-old from London, Ont., takes a personal best score of 4,460 into Thursday.

The world championship bronze medallist opened with personal bests of 10.28 seconds in the 100 metres and 7.68 metres in the long jump.

He threw 14.36 in the shot put, the event that derailed his performance in May at the prestigious Hypo Meeting when he faulted on all three of his throws.

He then cleared 1.97 metres in the high jump — his best is 2.07 — and capped the night by winning the 400 metres in 47.66 seconds.

Canada finished Wednesday with 173 total medals — 64 gold, 56 silver and 53 bronze.

Hugo Houle
THE CANADIAN PRESS

Markham's Andre De Grasse, who won the 100 metres Wednesday night, has one of Canada's seven gold medals in track and field. FRANK GUNN/THE CANADIAN PRESS

Earlier, Whitney McClintock won the women's water-skiing competition, Rusty Malinoski of Humboldt, Sask., took the men's wakeboarding title and Hugo Houle finished first in the men's road cycling individual time trial.

McClintock finished ahead of American Regina Jaquess and Mexico's Carolina Chapoy in the women's water ski.

The native of Cambridge, Ont., took the lead after earning 8,370 points in the tricks event following a disappointing slalom run.

Jarret Llewellyn of Innisfail, Alta., added a silver in the men's overall.

Malinoski had a score of 89.11 and finished ahead of American Daniel Powers and Venezuela's Juan Mendez.

Malinoski was clearly relaxed on the water, pumping his fist and egging on the crowd to cheer louder in his final pass.

Houle, of Ste-Perpetue, Que., finished the 37-kilometre time trial in 45 minutes, 13.4 seconds.

"Today I had the best ride of my life for sure," Houle said.

Mexico's Ignatio Prada was second, 1:17.87 back of Houle, while Sean MacKinnon of Hamilton, Ont., took bronze.

THE CANADIAN PRESS

BASKETBALL

Canada's men's basketball team rallied for an 88-83 win over Argentina.

Andrew Nicholson and Jamal Murray combined for 44 points, and Brady Heslip had six key points with time winding down as Canada improved to 2-0.

IN BRIEF

Alps shake things up at Tour de France

Simon Geschke of the Giant-Alpecin team won a tough and dangerous Stage 17 of the Tour de France in the Alps on Wednesday with a brave solo ride, while former champion Alberto Contador fell during a terrifying high-speed descent.

Race leader Chris Froome staved off multiple attacks to get through the first of four days in the Alps unscathed. He showed great bike-handling skills on the 16-kilometre descent from the Col d'Allos mountain pass, where he hit speeds of 60 km/h on the twisting, narrow bends.

THE ASSOCIATED PRESS

Division title might not guarantee playoffs: Silver

An NBA division title might soon mean a banner but no assurance of a playoff spot.

Commissioner Adam Silver said Wednesday the league is leaning toward not guaranteeing a postseason berth to a team that wins its division.

Silver had already said he expected a change from the current format that guarantees division winners no worse than the No. 4 seed.

THE ASSOCIATED PRESS

New Lakers excited despite quiet Kobe

Roy Hibbert, Lou Williams and Brandon Bass all say they joined the Los Angeles Lakers for a fresh start. They're also looking forward to playing with Kobe Bryant after they get a chance to talk to him.

Hibbert is eager to revitalize his career in Los Angeles after seven seasons with the Indiana Pacers. The seven-foot-two former all-star is determined to return to dominant defensive form after a perceived down season.

Lou Williams GETTY IMAGES

The former Raptor Williams believes there will be plenty of shots to go around when he plays with Bryant and Nick Young. The Sixth Man of the Year is willing to play any role to help the Lakers, who are coming off the worst season in franchise history.

None of the newcomers has spoken with Bryant yet. THE ASSOCIATED PRESS

Jamaican defender Wes Morgan takes down American striker Clint Dempsey on Wednesday in Atlanta. DAVID GOLDMAN/THE ASSOCIATED PRESS

Reggae Boyz ride into final

GOLD CUP

Jamaica stuns host Americans for historic semifinal win

WEDNESDAY **In Atlanta**

JAMAICA	U.S.
2	1

Jamaica stunned the United States with a pair of first-half goals, one off a blunder by goalkeeper Brad Guzan, and held on for a 2-1 win in the Gold Cup semifinals Wednesday night that dealt the Americans their biggest upset defeat.

Darren Mattocks, who plays for Vancouver in MLS, put the Reggae Boyz ahead with 31st-minute header directly off a throw-in. Giles Barnes followed five minutes later with a goal on an 18-yard free kick after Guzan was caught going outside the penalty area on a routine throw.

Michael Bradley scored in the 48th minute for the Americans, but it wasn't enough to prevent a stunning setback in front of sold-out crowd at the Georgia Dome. The small contingent of green-and-gold-clad Jamaican fans saluted their underdog team, ranked 76th in the world but now becoming the first Caribbean nation to reach a Gold Cup final.

Toronto FC captain Michael Bradley scored the Americans' lone goal Wednesday. GETTY IMAGES

The Reggae Boyz will face the winner of Wednesday's late semifinal between Mexico or Panama on Sunday in Philadelphia.

The 34th-ranked Americans, who had played in five straight Gold Cup finals, will face the loser of Wednesday's second semifinal in the third-place game on Saturday. They also will meet the Gold Cup winner in a playoff for the region's berth in the 2017 Confederations Cup. THE ASSOCIATED PRESS

EXHIBITION

N.Y. Red Bulls 'B' team stuns Chelsea

A New York Red Bulls team made up of mostly developmental third-division players scored four second-half goals and stunned Chelsea 4-2 on Wednesday night in the English Premier League champion's first game on its U.S. preseason exhibition tour.

Sean Davis scored twice and Franklin Castellanos had a goal and an assist to help the team with only four players who have any minutes in MLS this season upset the 2012 European champion and five-time English league winner.

Loic Remy gave Chelsea the lead midway through the first half, but Castellanos tied it in the 51st minute, 16-year-old Tyler Adams added a header and Davis tacked on a pair to rally New York and stun the near capacity and largely blue-clad crowd of 24,076 at Red Bull Arena.

This is the third time in four years Chelsea has toured the United States before beginning its season.

THE CANADIAN PRESS

Chelsea's Victor Moses and New York's Shawn McLaws vie for a header on Wednesday in Harrison, N.J. GETTY IMAGES

SOCCER IN BRIEF

Liverpool introduce Benteke

Liverpool signed Belgium striker Christian Benteke from Premier League rival Aston Villa on Wednesday in a 32.5 million pound ($50.7 million US) deal to strengthen the club's attack for next season.

A week after selling Raheem Sterling to Manchester City for 49 million pounds, Liverpool met the release clause in Benteke's contract with Villa and signed the 24-year-old to "a long term contract" at Anfield. THE ASSOCIATED PRESS

Trinidad receives formal U.S. extradition request for former FIFA VP Jack Warner

Trinidad and Tobago's attorney general says he has received a U.S. request for the extradition of former FIFA vice-president Jack Warner on corruption charges.

Garvin Nicholas told reporters Wednesday that his office will evaluate the documents from the U.S. Justice Department to decide whether to take the extradition matter before a magistrate.

THE ASSOCIATED PRESS

RECIPE Peach and Dried Cranberry Crisp Skillet

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients
- 7 ripe peaches (skin on), cut into 1/2 slices
- 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 1⁄3 cup dried cranberries
- 2 Tbsp cornstarch
- 1 1/2 tsp cinnamon, divided
- 2 Tbsp lemon juice
- 3/4 cup all-purpose flour
- 2/3 cup brown sugar
- 3/4 cup large rolled oats
- 1/3 cup chopped toasted almonds
- 1/3 cup vegetable oil
- 2 Tbsp water

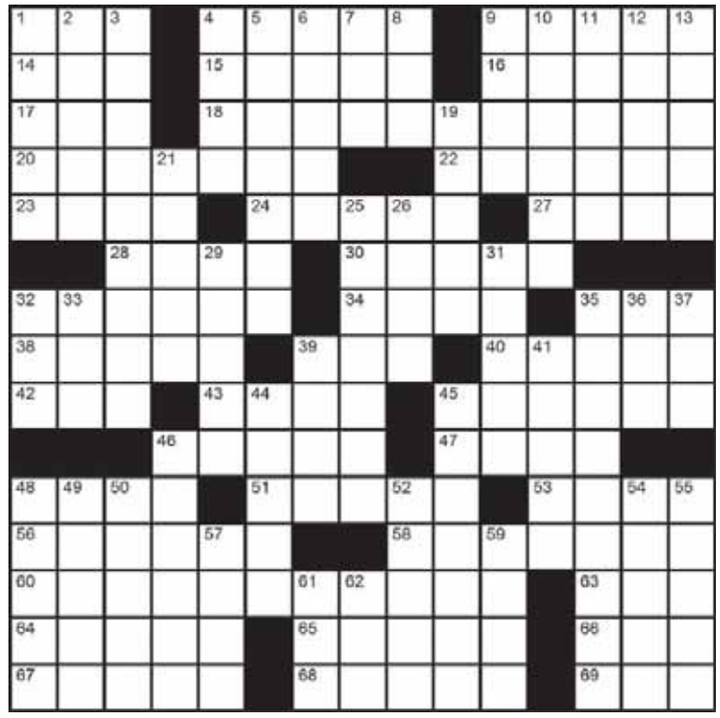
Directions
1. Preheat the oven to 375 F. Lightly coat a 10-inch oven-proof skillet with cooking spray.
2. In a bowl, stir together peaches, granulated sugar, 1/3 cup brown sugar, dried cranberries, cornstarch, 1 tsp cinnamon and lemon juice. Place in the skillet.
3. In another bowl, stir together the flour, 2/3 cup brown sugar, oats, almonds, oil, water and remaining cinnamon and mix until the mixture is crumbly. Sprinkle over the peaches.
4. Place the pan in the centre of the oven and bake for 25 to 30 minutes until the crisp is golden and peaches are just tender.

Nutrition per serving
- Calories 246
- Carbohydrates 42.5 g
- Fibre 2.6 g
- Total fat 8.2 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Owns
4. Ms. Fisher, and others
9. Capital of Ghana
14. Noah's boat
15. Ruffle, as an '80s hairstyle
16. Rock drill
17. 1982's version for Rocky
18. July 23rd to July 26th, 2015: Nanaimo Marine Festival and World Championship __ __ (Splish! Splash!)
20. Engine-of-a-car part: 2 wds.
22. Human
23. 'A' in AD
24. "__ __ Love": 1959 hit for Phil Phillips with The Twilights
27. Fails to be
28. Cartoon bear
30. Investigate
32. New
34. Catherine __ (Henry VIII's sixth/last wife)
35. Mr. McLean's of the Backstreet Boys
38. Egypt's capital
39. __ Antonio, Texas
40. Arctic abode
42. Web connector, briefly
43. Banned orchard spray
45. Condescends
46. Entrap
47. Consequently
48. Drift through the air
51. Rice dish
53. Ms. Jasper, Aboriginal singer/songwriter from Chilliwack, British Columbia
56. Shoelace tips
58. Ornamental music/architecture style
60. Hotel guest's request: 2 wds.
63. 'Press' suffix
64. Movie category
65. Helped
66. Lithium-__ battery
67. Ancient companion for Dionysus
68. Shortages
69. US intelligence org.

DOWN
1. Seaport of Israel
2. 'Parliament' suffix
3. Swim sans swimsuit
4. "Let __ __" by The Beatles
5. Contains the food container's freshness: 2 wds.
6. Coffee order
7. Volcanic residue
8. Arrange
9. Superior at a French monastery
10. British 'Street' soap opera, to fans
11. Unrefined
12. Military mission, e.g.
13. "__ you the clever one!"
19. __ __ the challenge (Ready to take things on)
21. Unimpressed audience member, perhaps
25. Clothing
26. Port city of Algeria
29. 'Punny' joke reaction
31. Nova Scotia island in the area of the Gulf of Maine and Bay of Fundy
32. Nero's 1101
33. '_' __ in Ottawa
35. Provincial park in Ontario since 1893
36. Comedian Mr. Stewart
37. Help!
39. Draped dress
41. Topo __, puppet on "The Ed Sullivan Show"
44. Expire
45. Vandalized, in a way
46. Like the 'handle' of a bouquet
48. Hospital sections
49. Ancient marketplace
50. Parade route display
52. __ by the rules
54. Overseas moneys
55. Suffering wife in Edith Wharton's 1911 novel Ethan Frome
57. Bygone sovereign
59. Some Smarties
61. Sprinted
62. Try

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The sun enters the sympathetic sign of Leo today, marking the start of one of the busiest and most enjoyable times of the year. Make every minute count.

Taurus April 21 - May 21
You feel out of touch with what is going on around you. Others seem to be enthralled by events that mean nothing to you. Go your own way and do your own thing — you will be better off for it.

Gemini May 22 - June 21
You will find it difficult to keep your nose out of other people's business today. The sun's change of signs brings to the fore the inquisitive side of your nature.

Cancer June 22 - July 23
Money matters will be of even more importance than usual for the next few weeks. The planets indicate there is a lot at stake financially, so do whatever it takes to maximize profits and minimize your losses.

Leo July 24 - Aug. 23
The sun and Mercury move into your birth sign today, making this the ideal time to begin something new. You have done lots of thinking and soul searching in recent weeks. Now you can apply what you have learnt about yourself.

Virgo Aug. 24 - Sept. 23
You have got to stop taking each and every thing that happens personally. The world is for you, not against you.

Libra Sept. 24 - Oct. 23
Some people have been rather critical of you in recent weeks but over the next few days you will be able to show that you were right and they were wrong.

Scorpio Oct. 24 - Nov. 22
You may say that you don't care for status and recognition but with the sun and Mercury moving into the career area of your chart today it will be thrust upon you. You make a better leader than most.

Sagittarius Nov. 23 - Dec. 21
Something that meant nothing to you in the past now means everything to you. Some may think you have taken leave of your senses but most likely you've found them at last.

Capricorn Dec. 22 - Jan. 20
Today you will find yourself thinking more deeply about who you are and what you should be doing with your life. The answers you reach may surprise you.

Aquarius Jan. 21 - Feb. 19
If you want to succeed, you must co-operate. Stop looking for ways to one up your rivals. Look for ways you can help each other instead. There is safety in numbers, and profit too.

Pisces
Feb. 20 - March 20
At least one of your habits needs to be looked at and, if negative, transformed into something more positive. At work, try to unchain yourself from the same old routines.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				8		3	7	
			6					4
			1	9				8
	7	6						
5		3				4		6
						5	2	
6				7	4			
1					9			
	9	2		5				

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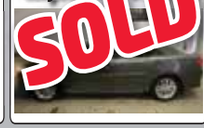

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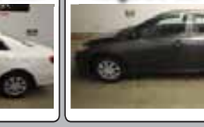

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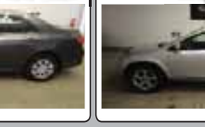

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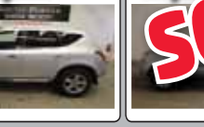

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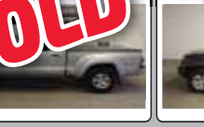

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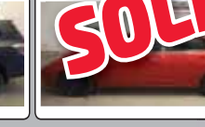

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STK#PU00451
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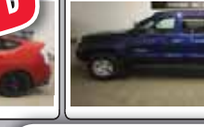

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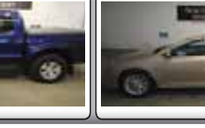

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